Cybex Pro^3 Treadmill
Owner's Manual

Cardiovascular Systems

Part Number LT-21311-4 C

www.cybexinternational.com

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Owner's Manual

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About This Manual

An Owner's Manual is shipped with each unit. To purchase additional copies of this manual or any other Cybex manual, please do one of the following:

- Fax orders to 508-533-5183
- Contact Cybex Customer Service at 888-462-9239 or 508-533-4300

To contact Cybex with comments about this manual send an email to techpubs@cybexintl.com.

FCC Compliance Information

! WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception (which can be determined by turning the equipment off and on) the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

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1- Safety

IMPORTANT: *Read all instructions and warnings before using the treadmill.*

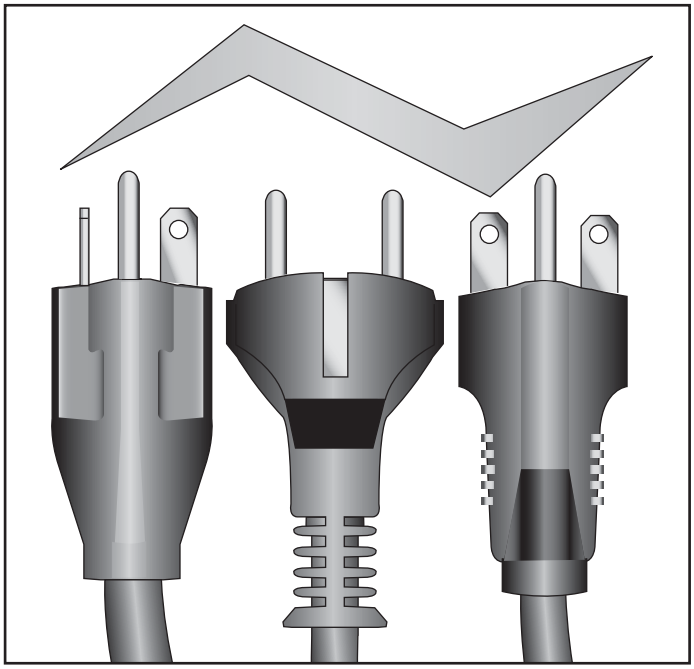
Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for the Cybex Pro³ treadmill include a grounded, dedicated circuit, rated for one of the following: 115 VAC ±5%, 60 Hz and 20 amps; 208/220 VAC, 60 Hz, 15 amps or 230 VAC ±5%, 50 Hz and 15 amps. See the serial number decal for the exact voltage requirements of your treadmill.

! WARNING: Do not attempt to use this unit with a voltage adapter.
Do not attempt to use this unit with an extension cord.

Grounding Instructions

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



115V NEMA 5-20 | Euro Plug CEE 7/7 | 208/220V NEMA 6-15

! DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded. Seek a qualified electrician to perform any modifications to the cord or plug. Cybex is not responsible for injuries or damages as a result of cord or plug modification.

This treadmill is for use on a nominal 115 VAC ±5%, 60 Hz and 20 amps, 208/220 VAC, 60 Hz, 15 amps or 230 VAC ±5%, 50 Hz and 15 amps and a grounded, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.

Important Safety Instructions

(Save These Instructions)

! DANGER: To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using it and before cleaning it.

! WARNING: Serious injury could occur if these precautions are not observed. To reduce the risk of burns, fires, electric shock, or injury:

User Safety Precautions

- **DO NOT** wear loose or dangling clothing while using the treadmill.
- Use the treadmill handrails for support and to maintain balance.
- Stop exercising if you feel faint, dizzy, or experience pain at any time.
- Obtain a medical exam before beginning any exercise program.
- Read and understand emergency stop procedures.
- Replace any warning labels if damaged, worn or illegible.
- Report any malfunctions, damage or repairs to the facility.
- Place your feet on the two top steps when starting or stopping the treadmill.
- Stop and place the treadmill at 0 degrees incline (level) after each use.
- Keep children away from the treadmill. Teenagers and disabled persons must be supervised while using.
- Obtain instruction before using.
- Keep all body parts, hair, towels, water bottles and the like free and clear of moving parts.
- Read and understand the Owner's Manual and all warnings posted on the unit before using.
- **DO NOT** use the unit if you exceed 400 lbs. (181 kg). This is the rated maximum user weight.

Facility Safety Precautions

- Instruct all users on how to clip the e-stop clip onto their clothing and carefully test it prior to using the treadmill.
- Instruct all users to use caution when mounting and dismounting the treadmill.
- Disconnect all power before servicing the treadmill.
- Use a dedicated line when operating the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- **DO NOT** operate electrically powered treadmills in damp or wet locations.
- Keep the running belt clean and dry at all times.

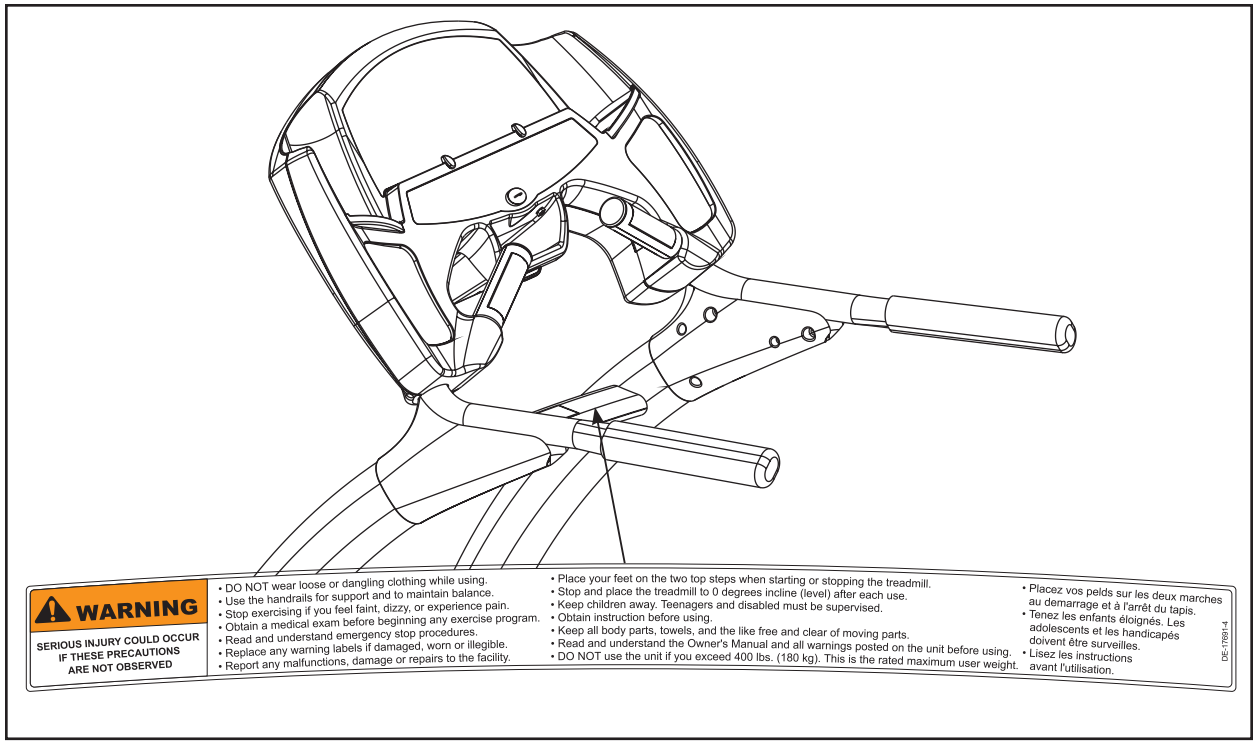
- **DO NOT** leave the treadmill unattended when plugged in and running. ***NOTE:*** *Before leaving the treadmill unattended, always wait until the treadmill comes to a complete stop and is level. Then, turn all controls to the STOP or OFF position and remove the plug from the outlet. Remove the e-stop key from the treadmill.*
- Immobilize the treadmill (when not in use) by removing the e-stop key.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Maintain and replace worn parts regularly. Refer to "Preventive Maintenance" section of Owner's Manual.
- **DO NOT** operate the treadmill if: (1) the cord is damaged; (2) the treadmill is not working properly or (3) if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- **DO NOT** place the cord near heated surfaces or sharp edges.
- **DO NOT** use the treadmill outdoors.
- **DO NOT** operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Read and understand the Owner's Manual completely before using the treadmill.
- Ensure all users wear proper footwear on or around all Cybex equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 19.7 inches (0.5 m) at each side, 79 inches (2.0 m) at the back and enough room for safe access and passage at the front of the treadmill. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- **DO NOT** attempt repairs, electrical or mechanical. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use Cybex factory parts when replacing parts on the treadmill.
- **DO NOT** modify the treadmill in any way.
- **DO NOT** use attachments unless recommended for the treadmill by Cybex.

- Ensure all User and Facility safety precautions are observed.
- Carefully read and understand the following before using the Cybex Pro³ treadmill:
  - Warning Decals
  - Caution Decals

To replace any worn or damaged decals do one of the following: Fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you live outside of the USA, call 508-533-4300. For location or part number of labels, see the parts list and exploded-view diagram.

Warning Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cybex Pro³ are shown below.


WARNING
SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED
• DO NOT wear loose or dangling clothing while using.
• Use the handrails for support and to maintain balance.
• Stop exercising if you feel faint, dizzy, or experience pain.
• Obtain a medical exam before beginning any exercise program.
• Read and understand emergency stop procedures.
• Replace any warning labels if damaged, worn or illegible.
• Report any malfunctions, damage or repairs to the facility.
• Place your feet on the two top steps when starting or stopping the treadmill.
• Stop and place the treadmill to 0 degrees incline (level) after each use.
• Keep children away. Teenagers and disabled must be supervised.
• Obtain instruction before using.
• Keep all body parts, towels, and the like free and clear of moving parts.
• Read and understand the Owner's Manual and all warnings posted on the unit before using.
• DO NOT use the unit if you exceed 400 lbs. (180 kg). This is the rated maximum user weight.
• Placez vos pelds sur les deux marches au demarrage et à l'arrêt du tapis.
• Tenez les enfants éloignés. Les adolescents et les handicapés doivent être surveilles.
• Lisez les instructions avant l'utilisation.
DE-17991-4

⚠ WARNING

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

Service Schedule

NOTE: *This is the minimum recommended service.*

1. Determine mileage.

A. Enter *Test Mode* by holding down any key while turning the treadmill to the on (I) position.

B. Press dist (except on all Cybex Sport models). DIST appears on the display.

First 500 Miles

A Check Running Belt Tension & Tracking.

Every 5000 Miles

A Check Running Belt Tension & Tracking.
B Move Treadmill & Vacuum Underneath.
C Remove Motor Cover to Clean Underneath with a Dry Cloth & Vacuum.

Every 10,000 Miles

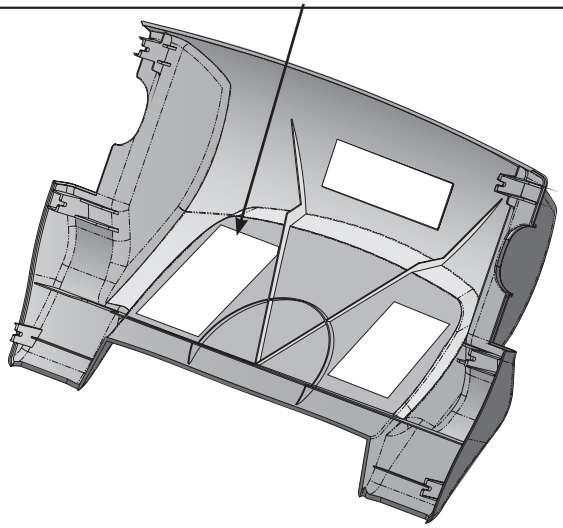
D Replace Belt & Flip Deck.
E Check Motor Brushes & Replace If Needed.
F Check Current Draw.
G Measure Motor Voltage at Max Speed with No Load.
H Check Elevation Assembly & Replace Worn Parts.
I Lubricate Elevation Bushings.

Every 20,000 Miles

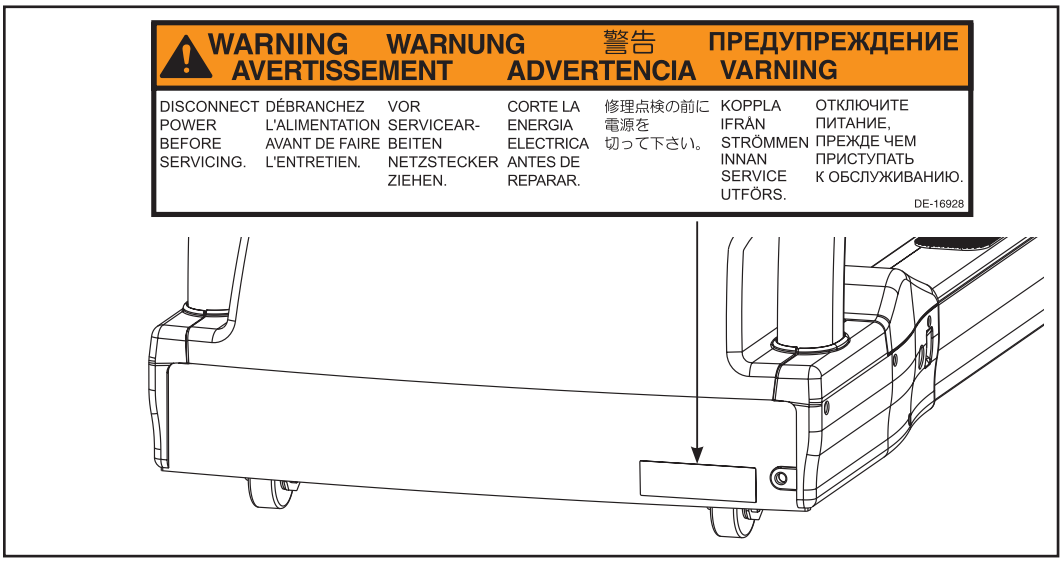
J Replace Belt & Deck.

Date	*Mileage*	*Service*	*Initials*

DE-16609-4

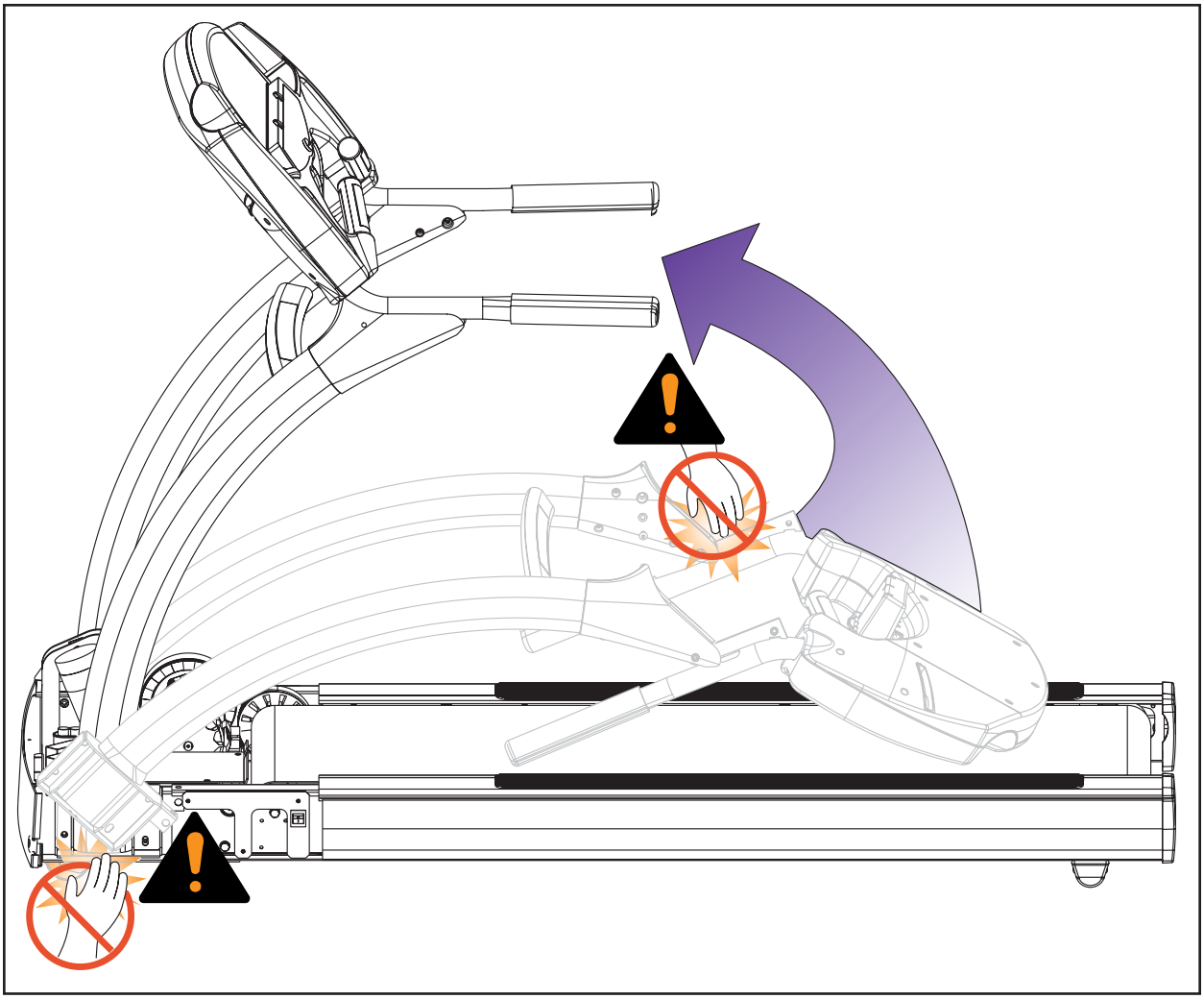


WARNING
SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED
High voltage is present under this shield. This shield should only be removed by a qualified service technician.
Keep wet items away from inside parts of the treadmill.
High voltage may still be present even if the treadmill is unplugged.


WARNING AVERTISSEMENT
WARNUNG ADVERTENCIA
警告
ПРЕДУПРЕЖДЕНИЕ VARNING
DISCONNECT POWER BEFORE SERVICING.
DÉBRANCHEZ L'ALIMENTATION AVANT DE FAIRE L'ENTRETIEN.
VOR SERVICEARBEITEN NETZSTECKER ZIEHEN.
CORTE LA ENERGIA ELECTRICA ANTES DE REPARAR.
修理点検の前に電源を切って下さい。
KOPPLA IFRÅN STRÖMMEN INNAN SERVICE UTFÖRS.
ОТКЛЮЧИТЕ ПИТАНИЕ, ПРЕЖДЕ ЧЕМ ПРИСТУПАТЬ К ОБСЛУЖИВАНИЮ.
DE-16928

Caution Decals

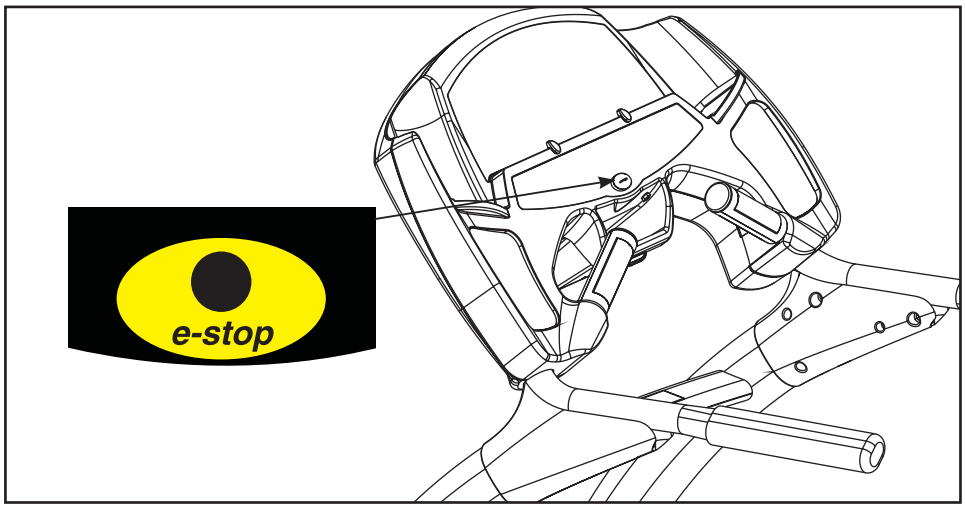
Caution decals indicate a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. There are no caution decals used on the Cybex Pro³ treadmill. However, there is a caution in the installation instructions for initial installation only. See below.



Emergency Stop Key (e-stop)

The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key and the treadmill will come to a stop. Before using the treadmill, clip the e-stop key as described below.

1. Clip the e-stop key to your clothing. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.*
2. Without falling off the treadmill, carefully step backward until the e-stop falls off the treadmill. ***NOTE:*** *If the e-stop clip falls off your clothing then the test has failed. Reclip the e-stop clip to your clothing and repeat this step.*
3. Replace e-stop after successfully testing the e-stop key. See the illustration shown below.



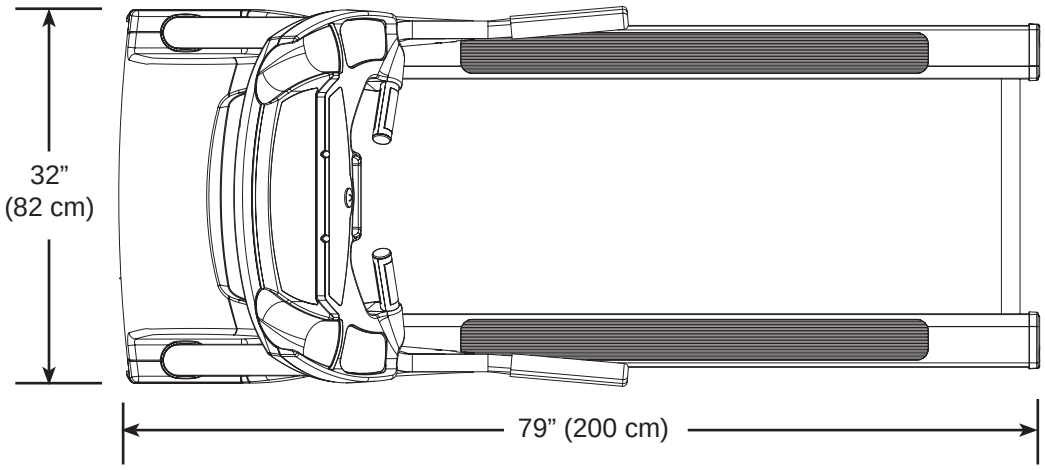
4. The treadmill is now ready to be used.
5. After use, remove the e-stop key from the treadmill.

NOTE: *The e-stop key shall be removed to help prevent unauthorized use. Refer to the Stopping the Treadmill section in the Operation chapter for more information about the e-stop key.*

2 - Technical Specifications

Specifications

Length:	79" (200 cm)
Width:	32" (82 cm)
Running Area:	20" x 58" (51 cm x 147 cm)
Weight of Product:	385 lbs. (173 kg)
Shipping Weight	415 lbs. (187 kg)
Speed Range:	0.5 to 12.4 mph (0.8 to 20 kph) in 0.1 mph or 0.1 kph increments
Incline Range:	-2 to 15% grade
Levels of Difficulty:	Minimum of 10 per program
Manual Mode:	Yes
Programs:	Quick Start plus Manual, Cardio, 9 Holes, 5K Run, Heart Rate and Weight Loss
Standard Features:	Safety Sentry™, Contact Heart Rate, Polar and CSAFE, frame color choices include white texture, black texture, silver vein, black chrome and platinum sparkle
Optional Features:	Full length handrails, unlimited custom colors available
Power Requirement:	Grounded, dedicated circuit and one of the following: • 115 VAC ±5, 60 Hz and 20 amps, • 208/220 VAC, 60 Hz 15 amps • 230 VAC ±5, 50 Hz and 15 amps
Motor:	3.0 hp, DC continuous duty
Emergency Stop:	Pull the emergency stop key (lanyard)
Maximum User Weight:	400 lbs. (181 kg)
Options:	Embedded A/V channel and volume controls and video mount bracket.



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3 - Operation

Read and understand all instructions and warnings prior to using the treadmill. See all of the safety related information located in chapter 1.

Terms and Symbols Used

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate.

Dormant Mode – This occurs when the treadmill is plugged in, turned to the on (I) position and not in use. The control panel will display a beating heart when the treadmill is in *Dormant Mode*.

Program Setup Mode – This begins after pressing any program key. Upon entering a program the LEDs flash, prompting the user to adjust the appropriate settings.

Active Mode – This begins immediately after pressing the **Quick Start** key *(Manual Mode)*, or after the *Program Setup Mode*. The beginning of *Active Mode* is marked by the 3 second countdown and running belt acceleration. *Active Mode* continues until you reach the end of a program, disengage the e-stop key or press the **Stop** key.

Quick Start – This begins by pressing the **Quick Start** key. *Quick Start* skips the *Program Setup Mode* and begins immediately in *Manual Mode*.

Manual Mode – This begins immediately after pressing the **Quick Start** key. In *Manual Mode* you can customize your workout **Time**, **Weight, Level, Speed** and **Incline** by pressing those keys. You can also begin *Manual Mode* by pressing the **Manual** program key (and be prompted to enter your weight and time).

Workout Review – This begins after pressing the **Stop** key once, at the end of a program or when the treadmill detects that you are not there (see *Safety Sentry in this chapter*). The workout statistics accumulated during the previous workout session will display for 20 seconds (default setting) or until **Stop** is pressed again. ***NOTE:*** *You can change the 20 second default. See Setting Operation Options in chapter 5.*

Pause Mode – This begins when you press the **Stop** key once or when the treadmill detects that you are not there and enters *Workout Review* (see *Safety Sentry in this chapte*r). While in *Workout Review* you can press the **Quick Start** key to resume your workout. The time, calories burned and other accumulated data is remembered and added to.

Λ V - These keys adjust **Time**, **Level**, **Weight** or **Age** up or down.
Incline Λ V - These keys adjust Incline higher or lower.
Speed + – - These keys adjust Speed up (**+**) or down (**–**).

Quick Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

The following is a quick overview of the operation of the treadmill. For more information read *Detailed Operation Guide* in this chapter. ***NOTE:*** *Times specified in this chapter reflect the treadmills defaults. To change the defaults see Setting Operation Options in chapter 5.*

1. Place your feet on the two top steps located on each side of the running belt.

! CAUTION: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

2. Clip the e-stop clip onto your clothing and test it as described under *Emergency Stop* in the *Safety* chapter.

3. Press any program key or press **Quick Start** to skip the settings and begin *Manual Mode* immediately.

4. If you pressed a program key to select a program, you will now be prompted for workout **Time, Weight, Level** and **Age** as appropriate. Adjust these settings with the **Λ V** arrows and press **Enter** to proceed.

5. The treadmill begins a countdown, "3...2...1," after which it accelerates the belt to 1.0 mph (1.0 kph) (for *Manual Mode*) or the speed of the program that you selected.

6. Hold the handrails while you step onto the running belt and begin walking.

7. Press the Speed + – keys to change the belt speed at any time. The right display will show the current speed.

8. Press the **Incline Λ V** keys to change the incline at any time. The left display will show the current incline.

9. Press the **Stop** key at any time.

Detailed Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

1. Plug the treadmill power cord into a power outlet from a grounded, dedicated circuit, rated for one of the following: 115 VAC ±5%, 60 Hz and 20 amps; 208/220 VAC, 60 Hz, 15 amps or 230 VAC ±5%, 50 Hz and 15 amps.

2. Locate the on/off (I/O) power switch on the left side of the treadmill. Toggle it to the on (I) position to supply power to the internal treadmill components and illuminate the control panel.

! CAUTION: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

3. Place your feet on the two top steps located on each side of the running belt.

4. Clip the e-stop clip onto your clothing and carefully test the e-stop key to ensure it will fall off properly in case of an emergency. See *Emergency Stop Key (e-stop)* in chapter 1 for properly testing the e-stop key. Also, see *Stopping the Treadmill* in this chapter for further information about the e-stop key. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.*

5. You now have the option to select a program or enter *Manual Mode*.

To select a program, press a program key and follow the prompts. Upon entering a program the LEDs flash, prompting you to adjust the appropriate settings. This is referred to as *Program Setup Mode*. If the **Quick Start** key is pressed now, all defaults for that program will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default. The program will not enter *Active Mode* until you press the **Enter** or **Quick Start** key. If no key has been pressed for 20 seconds after displaying the last default, then the treadmill will return to the *Dormant Mode*.

If you choose to enter *Manual Mode* instead of choosing a program, press the **Quick Start** or the **Manual** key. ***NOTE:*** *No prompts will occur when you press* **Quick Start***.* While in *Manual Mode*, customize your workout **Time, Speed, Incline** and enter your **Weight** by pressing those keys.

NOTE: *For the most accurate calorie count, you must set your correct weight before beginning your workout (including clothing).*

NOTE: *You must press* **Enter** *after each adjustment.*

6. The treadmill begins a countdown, "3...2...1" and sounds a tone for each count. When it reaches one (1) the treadmill gives a longer tone and then starts accelerating the belt. In *Manual Mode* the belt will begin accelerating to 1 mph (1.0 kph) and the incline will remain at zero percent. In a program the belt will begin accelerating and the incline will change to the corresponding speed and incline of the program and level you selected.

NOTE: *The left display will flash the actual incline until the desired incline is reached and then revert to time. The right display will show the speed set point. The top center window begins showing your program profile at the left side.*

7. Hold the handrails while you step onto the running belt and begin walking.

8. Observe the three displays. During your workout the time will show in the format of minutes:seconds. If your workout exceeds sixty minutes the time format will change to minutes only. The center window will scan (every three seconds) through **Distance**, **Calories**, **Mets**, **MIN MI/KM (Pace)** and **Heart Rate**. Press the **Scan** key to toggle this feature on or off. ***NOTE:*** *Heart Rate is scanned only when you are holding the contact heart rate grips or using Polar compatible heart rate transmitter.* See Figure 1.

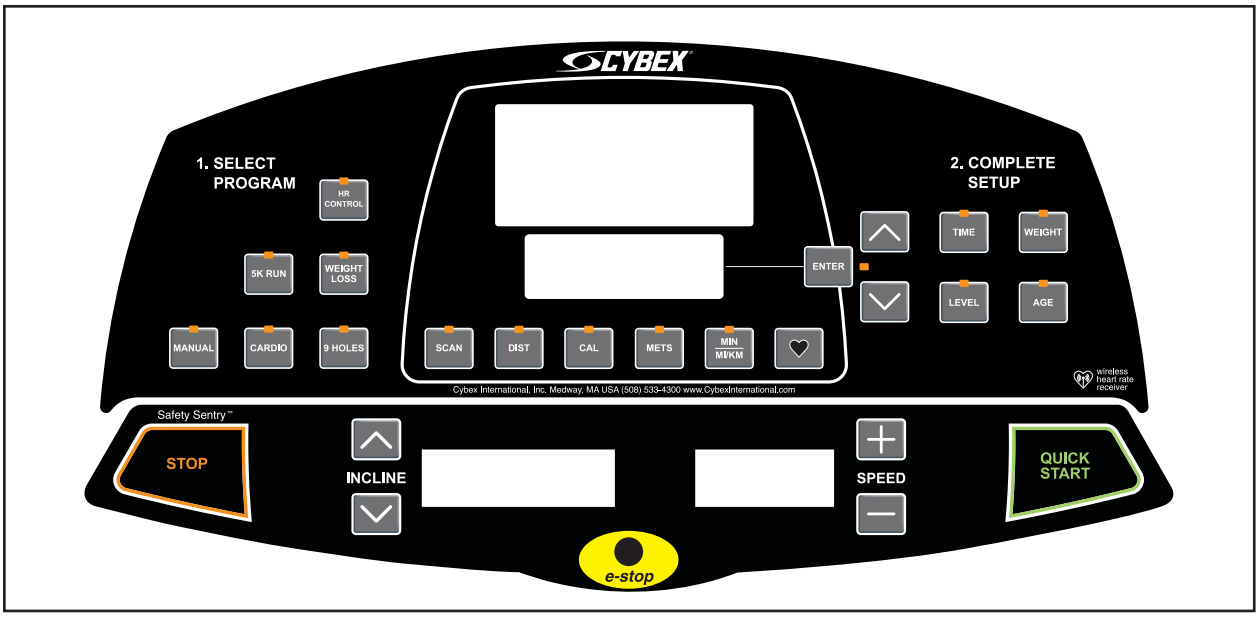


Figure 1

9. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the set speed.

10. Press the **Incline Λ V** keys to change the incline at any time. The left display will show the current incline only while it is adjusting, then revert to time.

11. Press the **Stop** key at any time to stop your workout. Press **Stop** once to pause your workout and begin your *Workout Review.* As you press **Stop** once, the treadmill will return to 0% incline. Press **Stop** twice to clear the *Workout Review* and return to *Dormant Mode*.

12. If the e-stop key is removed during a workout, the power shuts off immediately, causing the belt to stop. The right window changes to "OFF" and the left window shows an alternating pattern of "o" and "$_{o}$". Replacement of the key causes *Workout Review* to begin.

13. When you complete a program the treadmill begins a countdown, "3...2...1," and sounds a tone for each count. The belt slows to a stop and *Workout Review* displays for 20 seconds (default setting) or until you press the **Stop** key.

14. The treadmill returns to *Dormant Mode*.

Stopping the Treadmill

Press **Stop** once to pause your workout for 20 seconds (default setting) and to enter the *Workout Review*. The belt will stop and the elevation will return to 0%, but all workout settings and data will remain in memory for the pre-selected time. Press the **Quick Start** key within 20 seconds to continue your workout at the speed and elevation where you left off. If the **Quick Start** key has not been pressed during the 20 second pause, workout data will be cleared and the display will change to *Dormant Mode*.

Press **Stop** a second time to interrupt workout data from cycling and to change the display to *Dormant Mode*.

The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the e-stop key from the console, unclipping it from the cord and putting it in a non-accessible place. See Figure 2.

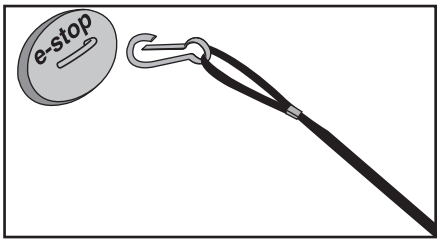


Figure 2

The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the top steps.
3. Pull the e-stop key off the console.

The function of the emergency stop: The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key from the console and the treadmill will come to a stop. On the console, the e-stop location looks like Figure 3.

Figure 3

Safety Sentry™

If you step off your treadmill during a workout, it may detect that you are not there. After the pre-selected waiting period "run?" will appear in the center window for a few seconds then Safety Sentry will stop the belt. If you press **Quick Start** within the time selected you can resume your workout. ***NOTE:*** *If you are less than 100 lbs. and you are not using Polar the treadmill may not detect you are there and cause the treadmill to come to a stop. Safety Sentry is disabled above 11% grade. It can also be disabled by setting SAFE time to "none". If changes in elevation or speed occur while you are not there (such as during a programmed workout) Safety Sentry resets its waiting period.*

Control During Operation

Control keys on the display are usable during operation and may be pressed at any time to make adjustments in speed, elevation or data readouts.

Changing Speed – Press the **Speed + –** keys to change the speed in increments of 0.1 mph or 0.10 kph. Minimum to maximum speed is from 0.5 - 12.4 mph (0.8 - 20 kph). ***NOTE:*** *During a Manual or Quick Start workout the* **Λ V** *keys temporarily revert to speed keys.*

Changing Incline – Press the **Incline Λ V** keys to change the elevation in increments of 1%. Elevation ranges from -2 to 15%. ***NOTE:*** *Elevation is defined as the ratio of rise or fall over run of the treadmill deck.*

Changing Level – You can change the level during a programmed workout. Press the **Level** key to display the current program and level status. Then press **Λ V** keys to change the level. The level will change immediately and will continue to accumulate performance data without interruption.

Changing Programs – When changing programs, your data will transfer from one program to another. This also applies when changing between *Manual Mode* and programs.

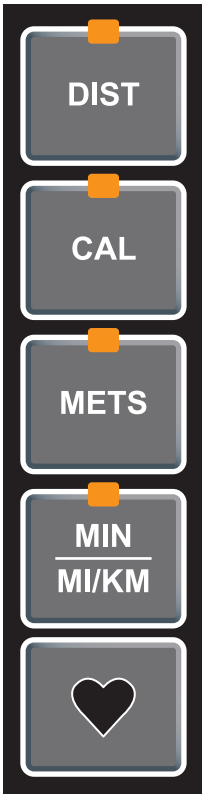
Changing Workout Time – Press **Time** to alter the amount of time you plan to workout. You can change **Time** before or during a workout. ***NOTE:*** *The Max time may limit your time. See Setting Operation Options in chapter 5. Time is disabled for distance based programs such as 9 Holes and 5K.*

Changing Data Readouts – Press **Scan** once and it will continually review each set of data. Press **Scan** again to continue to display a set of data. ***NOTE:*** *The automatic scan is a feature that can be turned on or off. See Setting Operation Options in chapter 5.*

Quick Start Reset – Press **Quick Start** when within a Quick Start workout to clear all accumulated data (time calories and distance). This can be used to reset the data after a warm-up in Quick Start workout.

Data Readouts

As you exercise, the treadmill keeps track of the following data:



DIST (Distance) – The total accumulated distance, in miles or kilometers, during your workout. ***NOTE:*** *Depending on the defaults you've chosen this measurement will show in English or Metric.*

CAL (Calories) – The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.

METS (Metabolic Equivalent) – Relates to the user's energy expenditure. 'One met' is the amount of oxygen consumed at rest. For example two mets would be twice that amount. See *METs* in this chapter for a more detailed description.

MIN MI/KM (Pace) – At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

Heart Rate – Your current heart rate. Heart rate will appear when a signal is introduced. Use either the handgrips for Contact Heart Rate or a Polar compatible heart rate transmitter. See *Heart Rate LED* for a description of colors.

To review accumulated data after a program: The display automatically cycles through your accumulated workout data during the *Workout Review* for 20 seconds (default setting).

Displaying Heart Rate

In order for the Cybex Pro³ to display your heart rate, you must either use a Polar compatible heart rate transmitter belt (not included) or hold the handgrips to use Contact Heart Rate.

Contact Heart Rate – Hold the handgrips on the console crossbar until a heart rate is displayed, typically less than thirty seconds. For best results, hold the handgrips lightly and ensure that your hands contact both the front and back sensors of each grip. ***NOTE:*** *Hold your hands as steady as possible as movement can cause interference on the contacts.*

Factors that can interfere with the heart rate signal include:
- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- running
- excessive dirt, powder or oil
- leaning or resting on grips

NOTE: *Cybex does not recommend continuous holding onto the contact heart rate grips during exercise.*

Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. Therefore, ensure you have clean hands when using the contact heart rate.

NOTE: *When wearing a Polar compatible transmitter, the contact heart rate will dominate only when the grips are held.*

Polar Compatible Reception – To use this feature, a Polar compatible heart rate transmitter belt must be worn. To view heart rate continuously, press the **Scan** key when the Heart LED is lit or press the Heart key.

Heart Rate LED

When the handgrips are held the center display switches to show the heart rate in beats per minute (BPM) if you are not scanning. For several seconds the display will show "---". Once the actual heart rate is determined the center window displays the BPM and the Heart LED lights up. See Figure 4. The color of the light represents a scale of low to high target heart rate.

Blue = 0-69 beats per minute (RESTING)
Green = 70-93 beats per minute (WARM-UP)
Yellow = 94-120 beats per minute (FAT BURN ZONE)
Red = 121-170 beats per minute (CARDIO ZONE)
Purple = 171 and up beats per minute

NOTE: *A label is on the console to remind you what the color represents while you are working out. See Figure 4.*

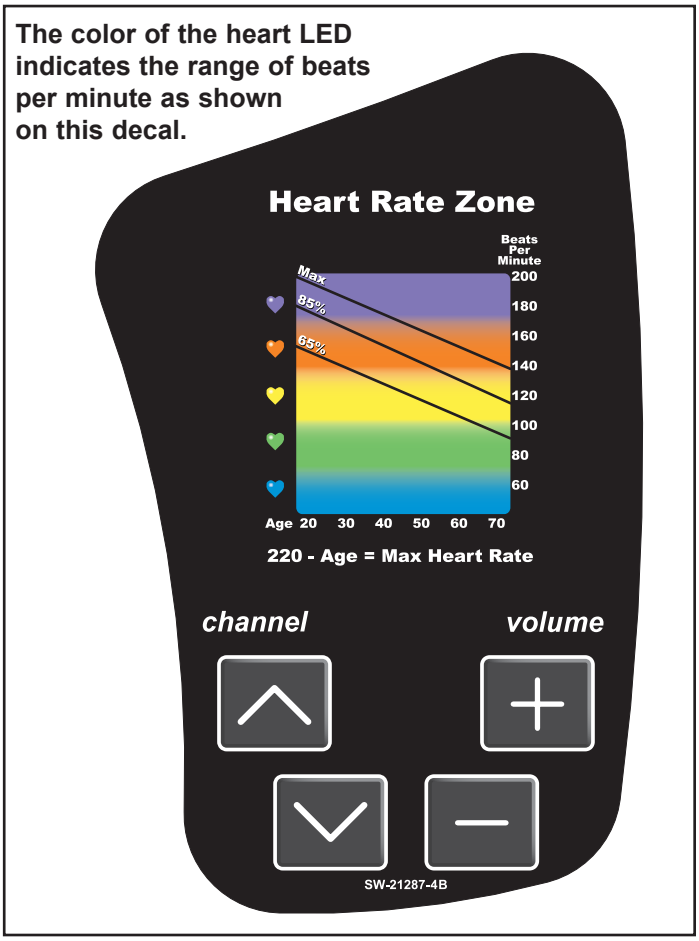


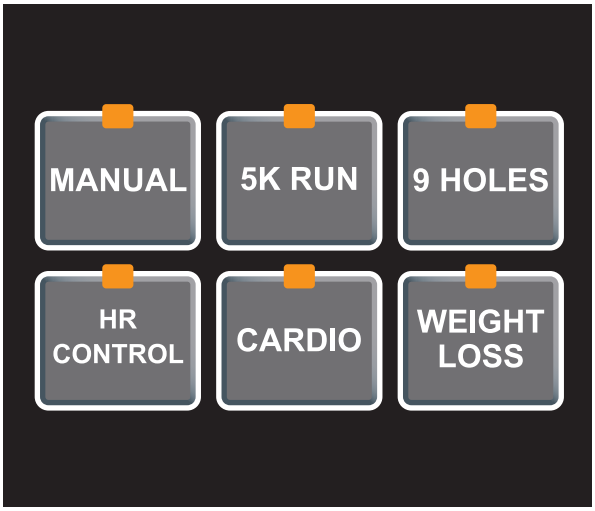
Figure 4

Use of Programs

! WARNING: Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.

With the Cybex Pro³, you may choose from five different programs. Each program provides ten levels of difficulty for a choice of fifty different preprogrammed options. You may also use *Manual Mode*. With this unique combination of programs, you can tailor your workout to achieve exactly the fitness goals you desire, including: weight loss, conditioning, endurance or maintenance of overall health. The program choices are summarized as follows:

Manual	You control speed, elevation, and time.	
5K Run	10 Levels	(5 kilometers) Time varies according to speed
9 Holes	10 Levels	(1 mile) Time varies according to speed
HR Control	Level is your Target Heart Rate	Minutes vary according to time selected
Cardio	10 Levels	Minutes vary according to time selected
Weight Loss	10 Levels	Minutes vary according to time selected



Manual

Program Overview

Manual Mode is available both through **Quick Start** and through the **Manual** program where you are prompted to enter **Time** and **Weight**. ***NOTE:*** *There is no diagram because incline and speed are user controlled.*

Manual Mode allows you to choose settings as you workout. You may choose your settings according to how you feel or your endurance level. Since you remain in control, *Manual Mode* may be the best choice for beginners or for those who have not worked out in a long time. You select the time of your workout. ***NOTE:*** *Manual Mode is not a pre-programmed workout.*

Press the **Quick Start** key to workout in *Manual Mode*. You can also begin *Manual Mode* by pressing the **Manual** program key. To increase or decrease the speed while in *Manual Mode* use the **Speed + –** keys.

To increase or decrease the incline while in *Manual Mode* use the **Λ V** arrows. Time counts up, you can end your session at any time.

***NOTE:** A Manual workout session using **Quick Start** will display time counting up to the configured **MAX TIME**. A Manual workout session using the **Manual** key selection will prompt for a session time and will then count down from that time to reach that goal*.

The Workout Profile

The Workout Profile matrix in the center of the display uses columns of lights to show the progress of your workout. The height of the column represents METS, specifically the highest METS you reached in that period. Each column represents 1 minute of your total workout time when in *Manual Mode* and 15 seconds in every other program.

***NOTE:** It is conceivable to have two segments of different speed and elevation combinations in the same met range.*

METs

A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. One MET is the amount of oxygen an individual consumes at rest. If an individual were working at four METs he/she would be consuming oxygen at a rate equal to four times their resting consumption. METs can be used to compare walking on a grade with running or even to cycling and other activities.

Meaning of % Grade

A 1% grade is not the same as a 1 degree incline.The % grade is the relationship of the measurement of rise over the measurement of run (also called slope). For example, a 1 foot (meter) rise in height over a length of 100 feet (meters) is a 1% grade. Expressed as a mathematical formula, the grade is calculated as follows: 1 ft. (m) / 100 ft. (m) = 0.01 = 1%

With respect to treadmills, the percent grade is roughly equal to the increase in height (rise) of the treadmill divided by the length (run) of the treadmill.

The degree of incline can be related to % grade by taking the Tangent of the grade. For instance, 15% grade is equal to 8.53 Degrees (Tan(.15)=8.53º). The opposite is true to determine % Grade from Degree of incline (ArcTan (8.53º)=.15).

5K Run

Program Overview
This program is designed to help the user train for a 5K race in a systematic fashion. It uses a predefined speed for each level to establish the "race pace". Throughout the program the elevation changes from a baseline (0% incline) level into both incline and decline. The frequency of the use of elevation is based on the level of the program. The higher the level the more frequent the use of elevation including decline. These may also be thought of as elevation intervals. Each use of elevation is considered a "work" segment. In level 1 the program uses no elevation changes. In levels 2 and 3 each work segment is followed by three rest or level segments. In levels 4 through 7 each work segment is followed by two rest segments. In level 8 through 10 the ratio is 1:1. Each segment is 400 meters in length. See Figure 5.

NOTE: *This program includes both a two-minute warm up and cool down in addition to the actual 5K portion of the program.*

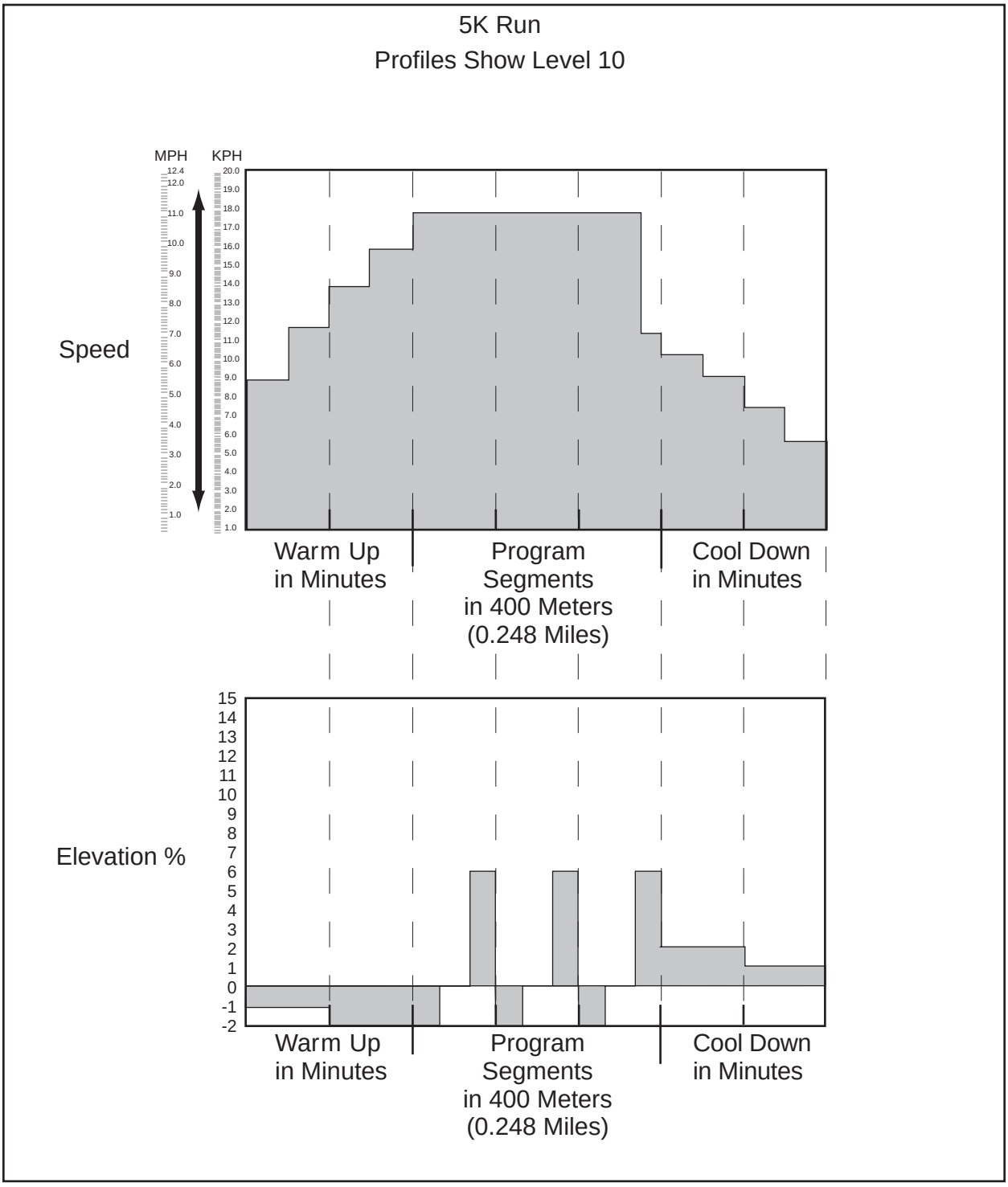


Figure 5

9 Holes

Program Overview
In this program, the user chooses their speed as they go. The level of the program uses variations in the elevation. As the level goes up so does the level of intensity. Like the golf course, there are uphill and downhill sections, which not only contribute to the intensity of the exercise but also provide the additional adaptation to covering varied terrain. See table below and Figure 6.

Elevation Patterns and Distance in Meters (1600 meters = 1 mile)

Level	Incline	0	-2	0	2	4	2	0	-2	0	2	4	2	4	2				
1	Meters	225	25	225	100	50	100	225	25	225	100	50	100	50	100				
Level	Incline	2	-2	2	4	6	2	0	-2	0	2	4	6	4	2	4	0	-2	
2	Meters	100	50	100	100	25	100	200	50	200	100	100	25	100	100	100	100	50	
Level	Incline	2	4	6	4	-2	0	-2	2	4	6	4	2	-2	0	6	4	6	
3	Meters	150	50	50	50	50	200	100	100	100	50	100	100	200	100	50	100	50	
Level	Incline	2	0	-2	2	6	8	6	4	8	4	2	0	2	6	4	6	4	
4	Meters	100	50	25	50	100	25	100	200	25	200	50	50	200	100	200	50	75	
Level	Incline	4	8	6	4	-2	4	0	6	4	6	8	10	8	6	4	8	0	
5	Meters	100	50	125	200	25	25	125	125	100	125	50	25	50	125	200	50	100	
Level	Incline	4	-2	0	6	8	6	4	6	8	2	8	0	8	2	-2			
6	Meters	100	50	200	50	100	25	100	200	50	200	100	200	25	150	50			
Level	Incline	6	4	-2	2	6	8	6	10	6	8	0	4	-2	8	10	8	0	4
7	Meters	50	50	100	25	200	50	100	25	50	50	200	200	25	100	25	100	200	50
Level	Incline	6	8	0	-2	2	4	8	10	8	10	6	0	6	10	4			
8	Meters	50	100	200	25	50	200	100	50	200	50	200	100	100	50	125			
Level	Incline	8	4	0	-2	4	-2	4	6	8	10	6	12	10	4	0			
9	Meters	25	150	25	50	200	50	100	200	200	50	100	50	100	200	100			
Level	Incline	8	6	12	8	-2	0	10	6	12	0	6	0	12					
10	Meters	25	200	100	200	50	100	200	150	100	200	50	100	125					

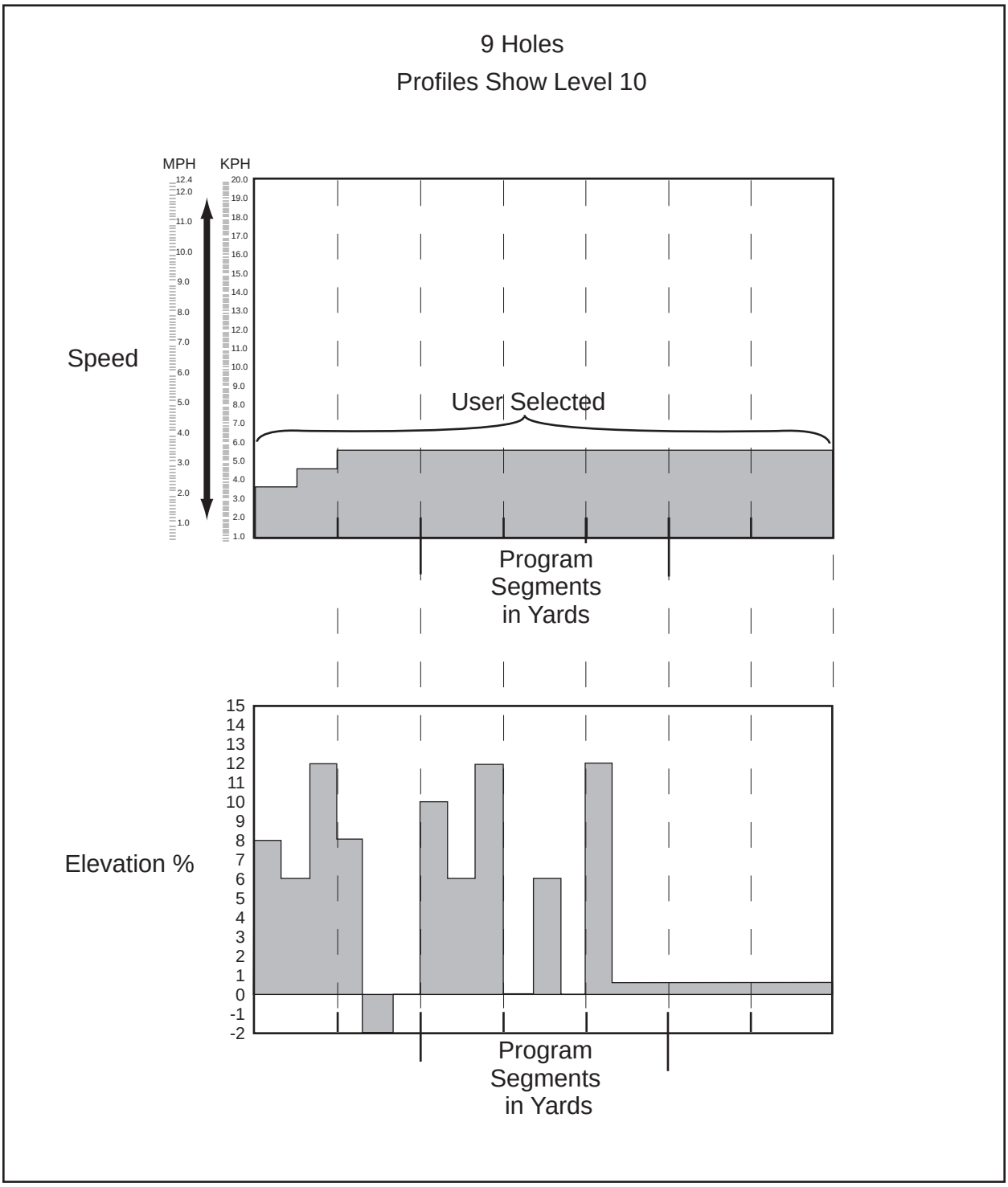

9 Holes
Profiles Show Level 10
MPH
KPH
Speed
User Selected
Program Segments in Yards
Elevation %
Program Segments in Yards

Figure 6

Heart Rate

Program Overview

The Heart Rate Control program is interactive. By selecting a predetermined heart rate, the treadmill will adapt the elevation and speed to keep the users heart rate at that level. This program is exceptionally useful for those individuals just starting out as well as the athlete. By maintaining the predetermined heart rate, the user is less likely to over or under exert themselves thereby ensuring they get all they should out of their training. Over time, the user will notice that as their fitness level improves and using a given time and heart rate that they will see more ground covered, more calories burned and a higher MET level during the program. See Figure 7.

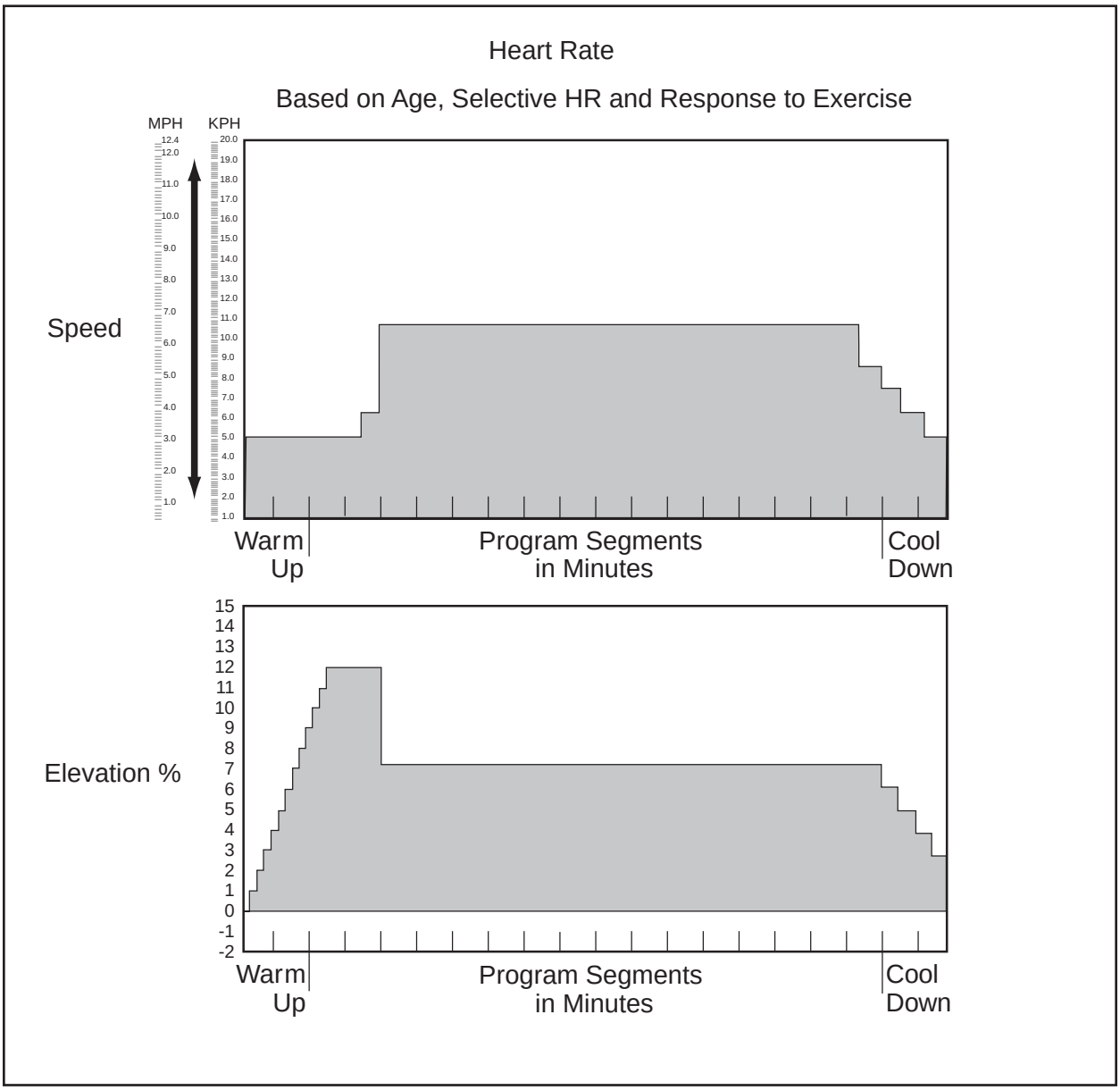

Heart Rate
Based on Age, Selective HR and Response to Exercise
MPH
KPH
Speed
Warm Up
Program Segments in Minutes
Cool Down
Elevation %
Warm Up
Program Segments in Minutes
Cool Down

Figure 7

Cardio

Program Overview
This program was designed for the exercise participant who wants to improve the overall efficiency of their cardio-respiratory system. Unlike some of the other treadmill programs that incorporate low and moderate intensity segments, the Cardio program contains overall higher intensity levels with more moderate recovery segments.

The speed range of the program includes walking speeds at the lower levels up through a moderate jog in the higher levels.

Elevation is used to emphasize the high intensity portion of this program while decreased elevation and a small increase in speed mark the recovery segment. High intensity and recovery segments are always in a one-to-one time based ratio and make up the core eight minutes of the program. See table below and Figure 8.

	Base Speed / Peak Elevation		Base Speed / Peak Elevation	
	mph	% grade	mph	% grade
Level 1	3.2	2%	3.5	0%
2	3.5	3%	3.8	0%
3	3.8	4%	4.0	0%
4	4.0	5%	4.2	0%
5	4.2	5%	5.0	2%
6	5.0	5%	5.5	2%
7	5.5	5%	5.8	2%
8	6.0	6%	6.2	2%
9	6.2	6%	6.5	2%
10	6.5	6%	6.8	2%

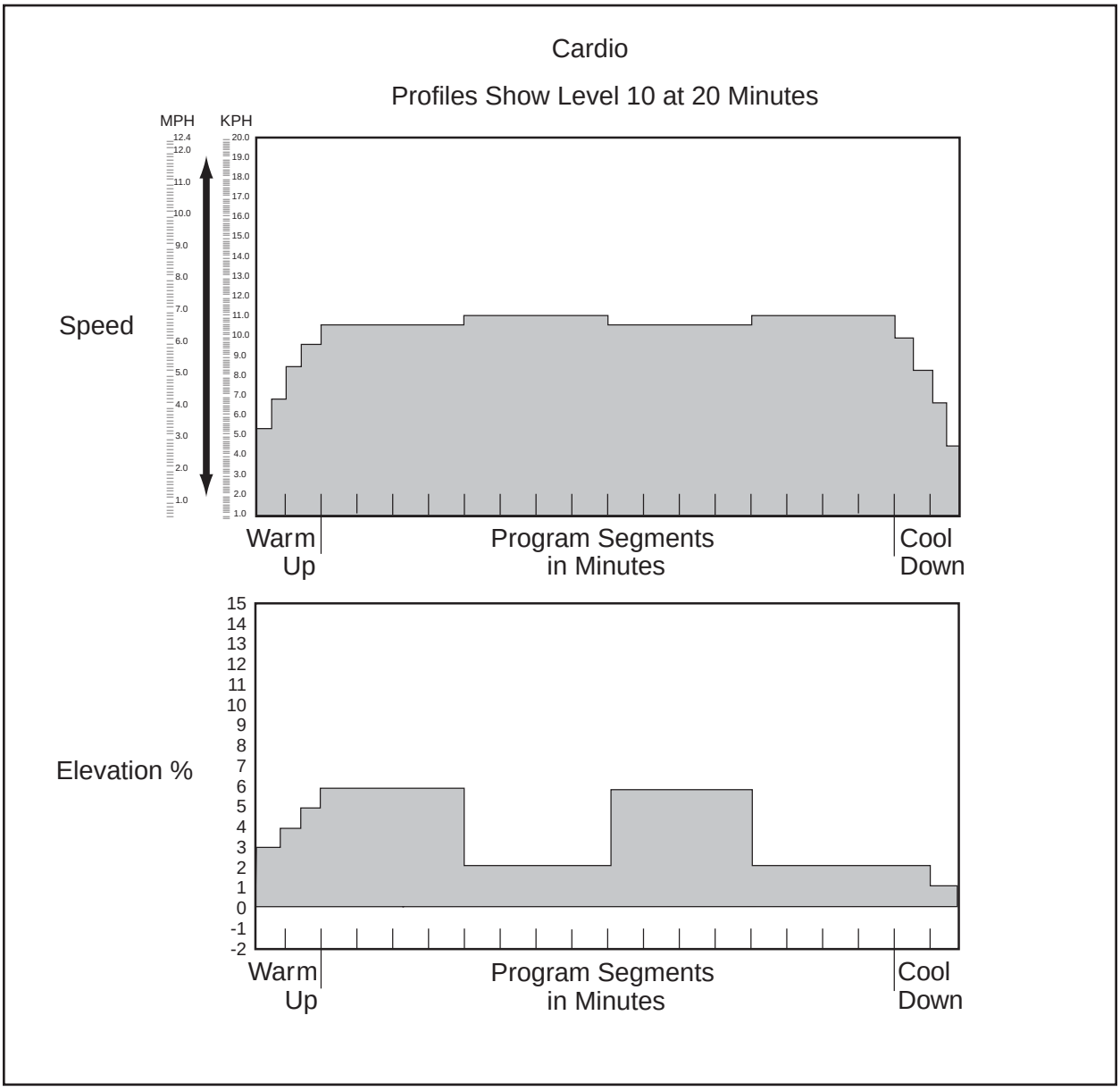

Cardio
Profiles Show Level 10 at 20 Minutes
MPH
KPH
Speed
Warm Up
Program Segments in Minutes
Cool Down
Elevation %
Warm Up
Program Segments in Minutes
Cool Down

Figure 8

Weight Loss

Program Overview
This program was designed to help individuals of all fitness levels achieve their weight loss goals through a protocol that incorporates both low and moderate intensity activity. Because walking has become a popular mode of exercise for those looking to lose weight, all levels of this program are performed at walking speeds.

The core of the program is made up of five one-minute segments. The first segment represents the baseline of the program and may also be considered to be a "rest" segment later. In minutes two and three, elevation will be increased. In minute four, the program returns to the first segment baseline or rest level. In the fifth minute, the speed will increase. The total number of segments used is dictated by the time selected by the user.

Higher levels of the Weight Loss program incorporate jogging speeds in short segments. This allows the advanced walker to alternate walking and jogging.

- At levels 1-6 walkers maintain walking speeds only.
- At levels 7-10, experienced walkers can jog intermittently.

By mixing the use of speed and elevation separately, the user receives the benefits of added intensity intervals but the variety does not allow for either speed or elevation to dominate and therefore overtax the user. See table below and Figure 9.

Level	Base Speed mph		Uphill Elevation % Grade	Increased Speed mph	
1	3.4	WALK	2%	3.5	WALK
2	3.4		3%	3.5	
3	3.7		4%	3.8	
4	3.7		6%	3.8	
5	3.8		4%	4.0	
6	3.8		6%	4.0	
7	4.0		6%	4.5	WALK-JOG
8	4.0		8%	5.0	
9	4.2		8%	5.5	
10	4.2		10%	6.0	

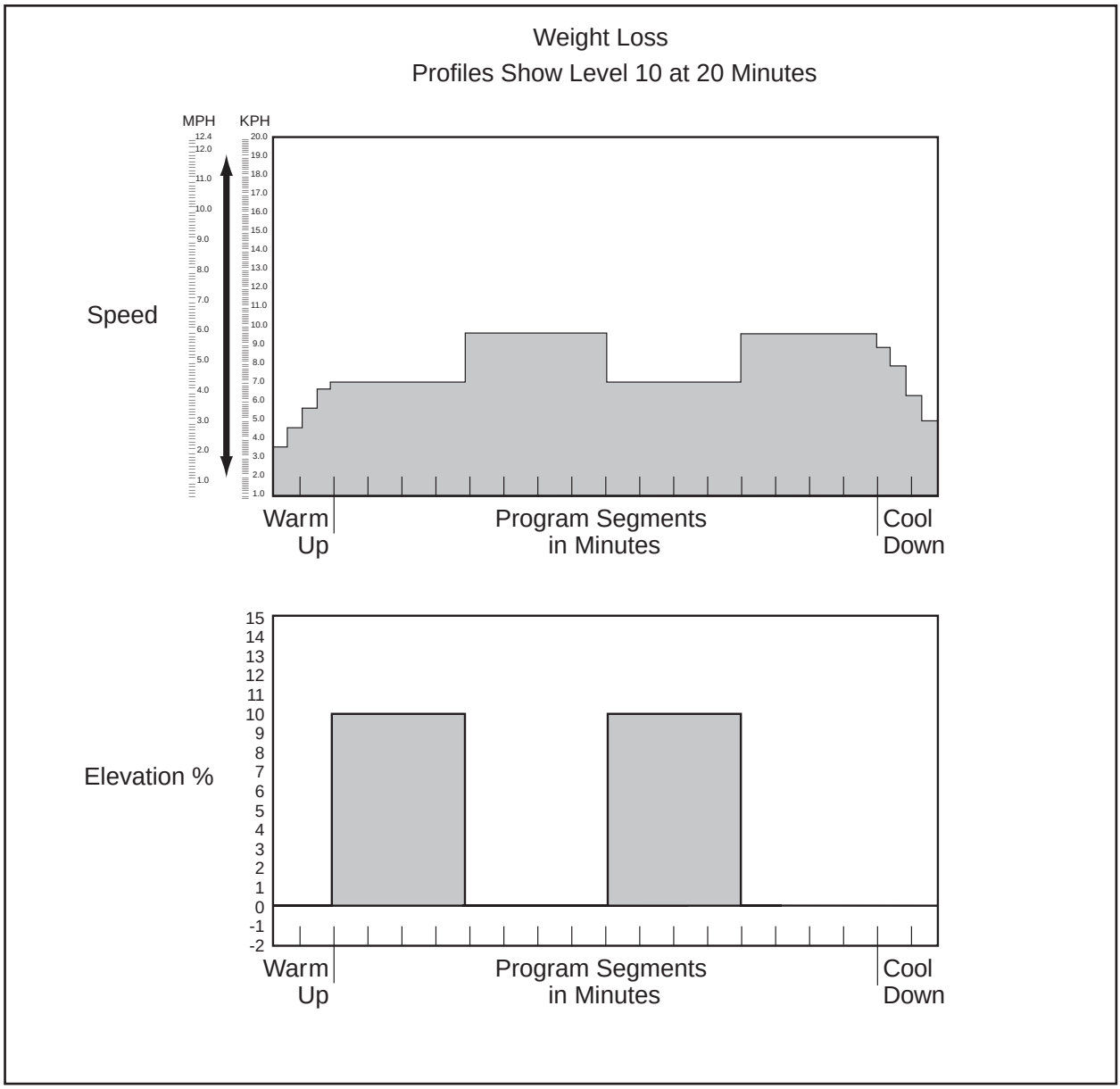

Weight Loss
Profiles Show Level 10 at 20 Minutes
MPH
KPH
Speed
Warm Up
Program Segments in Minutes
Cool Down
Elevation %
Warm Up
Program Segments in Minutes
Cool Down

Figure 9

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4 - Preventive Maintenance

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

***! WARNING:** All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.*

***! WARNING:** To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.*

***! WARNING:** Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord and turning off the treadmill.*

***! CAUTION:** Be careful not to over tighten the belt. Over tightening the belt can cause the belt to stretch and require replacement.*

Regular Maintenance Activities

***! WARNING:** All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.*

Preventive maintenance activities must be performed to maintain normal operation of your treadmill. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventive maintenance activities. See Service Schedule located at the end of this chapter.

***NOTE:** Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made.*

***NOTE:** Cybex is not responsible for performing regular inspection and maintenance actions for your treadmill. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybex Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.*

Cleaning Your Treadmill

When cleaning your treadmill spray a mild cleaning agent, such as a water and dishsoap solution, on a clean cloth first and then wipe the treadmill with the damp cloth.

NOTE: *Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.*

! WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

After Each Use – Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

As Needed – Vacuum any dust or dirt that might accumulate under or around the treadmill. Motors are especially susceptible to dust and dirt, and restricted airflow can prevent adequate cooling that could shorten motor life. Cleaning this area should be done as often as indicated in the Service Schedule, more often in dusty environments.

! WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord and turning off the treadmill.

To clean the motor components, you must loosen the six Phillips head screws that hold the motor cover in place. Lift the cover straight up; the screws and side covers will stay in place. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

Also use a dry cloth for the areas that you can't reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a *dry* cloth to wipe all exposed areas. Replace the cover and tighten the screws when finished.

Lift the rear of the treadmill and roll it back from its present position so as to vacuum the floor area underneath the unit. Wipe clean the underside of the treadmill to prevent dirt and dust build-up. When finished, return the treadmill to its normal position.

Contact Heart Rate Grips – Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing alcohol. The grips are the only part of the treadmill you should use a cleaning solution containing alcohol.

Running Belt Maintenance

Belt and Deck – Clean the belt and the deck surfaces to minimize the effect of friction between the wood deck and the running belt. Clean the underside of the running belt and the top of the running deck surface by wiping them with a clean dry towel. This should be done often to prevent premature wear of the deck, running belt, and the drive motor system. See the Service Schedule in this chapter to determine the minimum recommended cleaning.

The running belt may become loose and slip on the drive roller with each foot plant. If it does, follow the Tensioning and Centering the Belt in this chapter. See the Service Schedule in this chapter for a minimum schedule for checking the belt tension.

Tension and Center the Belt – If the belt is slipping under each step perform this procedure:

Tools Required

- 3/4" Socket wrench

1. Tension the belt.

A. Use a 3/4" socket wrench to turn each bolt 1/2 turn clockwise. See Figure 1.
NOTE: *Be sure to adjust each bolt equally on each side.*

B. Turn the power on and press the **Quick Start** key.

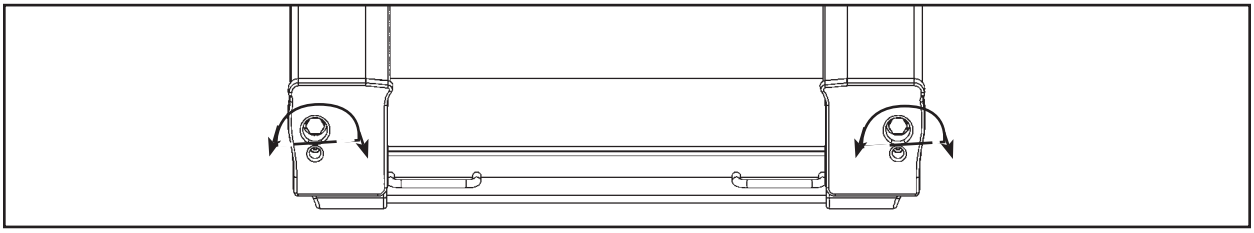

Figure 1

C. Press the **Speed + -** keys to bring the speed up to 3.5-4 mph (5.6-6.4 kph). Allow the treadmill to run for a minute.

D. Observe the belt to be sure it stays centered. If it is not centered follow step 2.

E. Walk on the treadmill at 3.5-4 mph (5.6-6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the belt is slipping. If the belt does slip, use a wrench to equally tighten ***both*** rear roller adjustment bolts 1/2 of a turn (clockwise). Adjust the belt until no further slipping is felt. If the running belt continues to slip the drive belt could be loose. Follow the next step to be sure the belt is centered.

NOTE: Be careful not to over tighten the belt. Over tightening the belt can cause the belt to stretch and require replacement.

2. Center the belt.

NOTE: *While centering the belt choose one bolt to adjust. Do not adjust both bolts.*

A. With the treadmill running at 5 mph (8 kph) observe the running belt. If the belt tracks off center to the right or left the deck will become exposed. Use a 3/4" socket wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the belt does not move back to the center of the treadmill, make another adjustment to the ***same bolt***. Once the running belt has been adjusted closer to the center of the treadmill use about 1/4 of a turn until the belt has been stabilized.

B. After the belt has been centered, check the belt tension again. Make sure the running belt tension is tight enough so that the belt does not slip or hesitate when stepped on. Refer to step 1E.

Checking the Belt and Deck Surfaces – The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material.

Inspect the edges of the belt as described below. ***NOTE:*** *It is necessary to remove the motor cover and plastic side panels.*

Tools Required

- Phillips head screwdriver
- Dry towel

1. Disconnect the external power source.

A. Turn the main power switch on the left side to the off (O) position.

B. Unplug the treadmill from the power outlet.

2. Remove the motor cover.

A. Using a Phillips head screwdriver, loosen three screws on each motor cover side (left and right). See Figure 2.

B. Lift the motor cover up and off the treadmill. The screws will stay in place. See Figure 2.

3. Remove the end caps.

A. Using a Phillips head screwdriver, remove the screw that holds each end cap in place. See Figure 3.

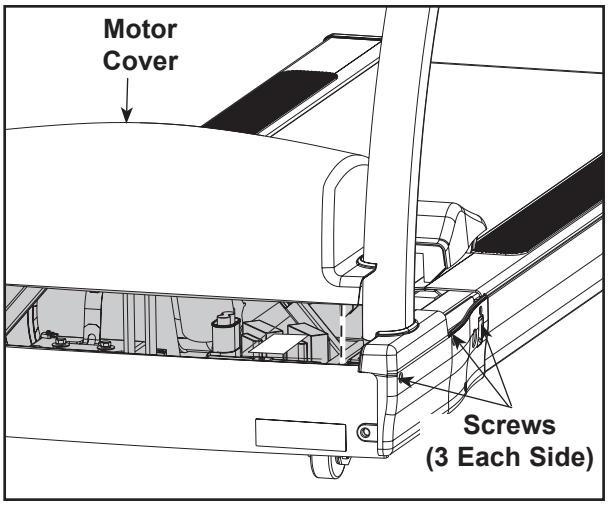

Figure 2

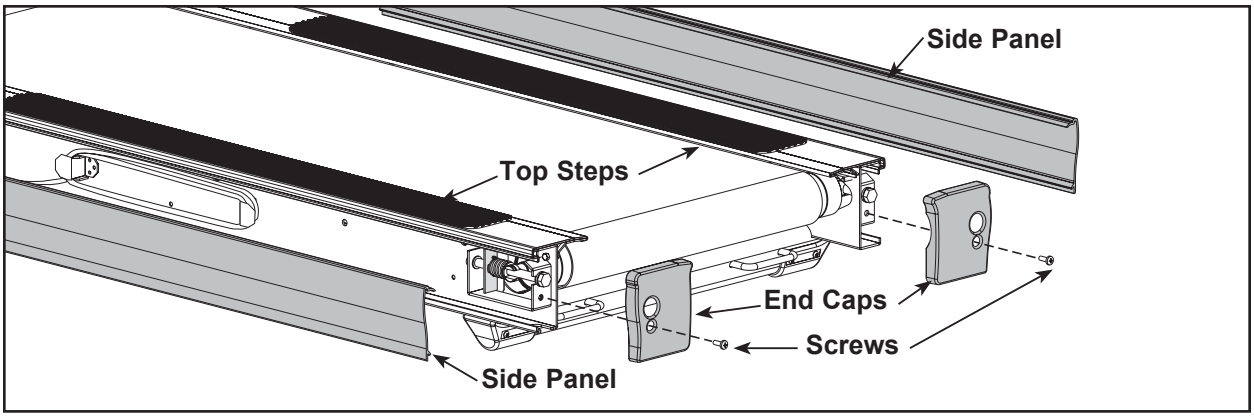

Figure 3

4. Remove the side panels.

A. Pull each side panel out and off the treadmill. See Figure 3.

5. Remove the top steps.

A. Using a Phillips head screwdriver, remove the three screws that hold each top step in place. See Figure 4.

B. Grasp each top step and lift it out and off the treadmill. See Figures 3 and 4.

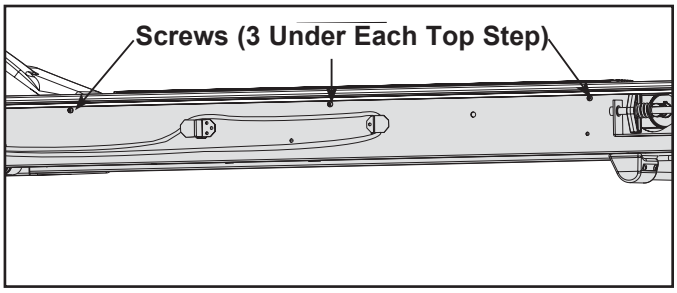

Figure 4

6. Check the belt and deck condition.

A. Look at the edges of the belt while you roll it by hand. If the belt has any rips or looks excessively worn the belt needs to be replaced.

B. Run your hand under the belt on the top of the deck surface. If you feel excessive ridges or cracks, or if the deck feels grooved yet highly polished, the deck should be flipped to an unused surface or replaced. In time, a worn belt and deck can cause high current draw and ultimately, motor failure. ***NOTE:*** *When replacing the deck, replace the belt at the same time.*

7. Clean under the belt.

A. To minimize the effect of friction between the deck and the running belt, Cybex recommends cleaning the underside of the running belt and the top of the running deck surface by wiping them with a clean, dry towel. This cleaning should be done each time you check the belt and deck condition to prevent premature wear of the deck, running belt and the drive motor system. See the Service Schedule in this chapter.

8. **Secure the top steps.**

   A. Place each top step in position. See Figure 4.

   B. Using a Phillips head screwdriver, tighten the three screws that hold each top step in place. See Figure 4.

9. **Secure the end caps.**

   A. Using a Phillips head screwdriver, tighten the screw securing each end cap in place. See Figure 3.

10. **Secure the side panels.**

    A. Place each side panel into position slightly under the end cap and use your hand to push all along the bottom edge of the side panel to snap it in place. See Figure 3.

11. **Secure the motor cover.**

    A. Lower the motor cover center into position. See Figure 2.

    B. Using a Phillips head screwdriver, tighten the three screws on each side. Be sure the screws are catching the center motor cover's holes.

Other Preventive Maintenance

Other preventive maintenance activities must be completed by a qualified service technician at the recommended intervals listed in the Service Schedule (shown on the next page). These activities include:

- Measure the motor brushes and replace worn motor brushes
- Rotate and replace the running deck
- Replace the running belt
- Check the current draw
- Measure motor voltage at maximum speed, with no load

Elevation Motor Lubrication — In time the elevation motor pivot points may develop a squeak. Lubricate the upper and lower bolts and the spacers with a small amount of lithium grease. ***NOTE:*** *You can buy lithium grease at an auto parts store.*

Static Electricity – Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier. A worn running belt looses it's ability to dissipate static electricity and should be replaced as needed.

Service Schedule

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

NOTE: *This is the minimum recommended service.*

1. Determine mileage.

A. While in *Dormant Mode* enter *Test Mode* by holding down any key while turning the treadmill to the on (I) position.

B. Press the **DIST** button to display **"DIST"** and miles or kilometers will be displayed.

C. Record Mileage.

NOTE: *To exit Test Mode, press the* ***Stop*** *key .*

First 500 miles (800 km).

- Check running belt tension and tracking.

Every 5,000 miles (8,000 km).

- Check running belt tension and tracking.
- Move treadmill and vacuum underneath.
- Remove motor cover to clean underneath with a dry cloth and vacuum.

Every 10,000 miles (16,090 km).

- Replace running belt and flip deck.
- Check motor brushes and replace if needed.
- Check current draw.
- Measure motor voltage at max speed with no load.
- Check elevation assembly and replace worn parts.
- Lubricate elevation pivot points.

Every 20,000 miles (32,180 km).

- Replace running belt and deck.

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5 - Setup and Assembly

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

! WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

! CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

! CAUTION: Do not pinch your hands or other body parts while pivoting the treadmill. See Figure 3.

! CAUTION: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

Choosing and Preparing a Site

Before assembling the treadmill you must select a suitable site and have the proper electrical outlet power available for optimum operation and safety. See the Electrical Power Requirements section (located on the next page) for direction in locating your treadmill's voltage requirements.

The area you select for the treadmill should be well lit and well ventilated. Locate the treadmill on a structurally sound and level surface (do not place in recessed areas or on plush carpet) a few feet away from walls and other equipment. Each side of the treadmill should have a 19.7" (0.5 m) minimum space. Behind the treadmill should be 79" (2.0 m) minimum of space. Allow enough clearance for safe access and passage during use of the machine. If the treadmill is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, place a 3/4" (1.9 cm) thick wood base under the treadmill.

Do not install the treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, or outdoors. Exposure to extensive water vapor, chlorine, and/or bromine could adversely affect the electronics as well as other parts of the machine.

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit, rated for one of the following: 115 VAC ±5%, 60 Hz and 20 amps; 208/220 VAC, 60 Hz, 15 amps or 230 VAC ±5%, 50 Hz and 15 amps. Contact your electrician to ensure the power supply complies with local building codes.

Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. Do not use an extension cord.

Assembling the Treadmill

! WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

! CAUTION: A minimum of two people are required to assemble this treadmill.

Tools Required

- 9/16" Socket wrench with a 4" extension
- Phillips head screwdriver
- Allen wrench, 3/16" (supplied)

NOTE: *The words "left" and "right" denote the treadmill user's orientation.*

1. Read and understand all instructions thoroughly before assembling the treadmill.

NOTE: *Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describe the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.*

2. Verify you have received the correct package.

A. Read the sticker on the outside of the box and verify that the model number, color and voltage are what you ordered. ***NOTE:*** *During step 3 and 6 you will verify that the contents of the box match the sticker.*

3. Unpack and verify the contents of the boxes.

A. Lift up and remove the cardboard sleeve that surrounds the treadmill.

B. Check to be sure that the following items are present. Check off (☑) each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

	Item	Qty	Part Number	Description
☐	1	1	Varies	Base with uprights and console attached
☐	5	1	AX-16724	Motor cover, center, with decals
☐	6	1	PL-16465	Motor cover, right (in box)
☐	7	1	PL-16464	Motor cover, left (in box)
☐	NA	1	AX-16956	Hardware pack (in box)
☐	NA	1	LT-21311-4	Cybex Pro³ Manual (in box)
☐	NA	1	LT-17718	Assembly Poster

NOTE: *NA means not applicable.*

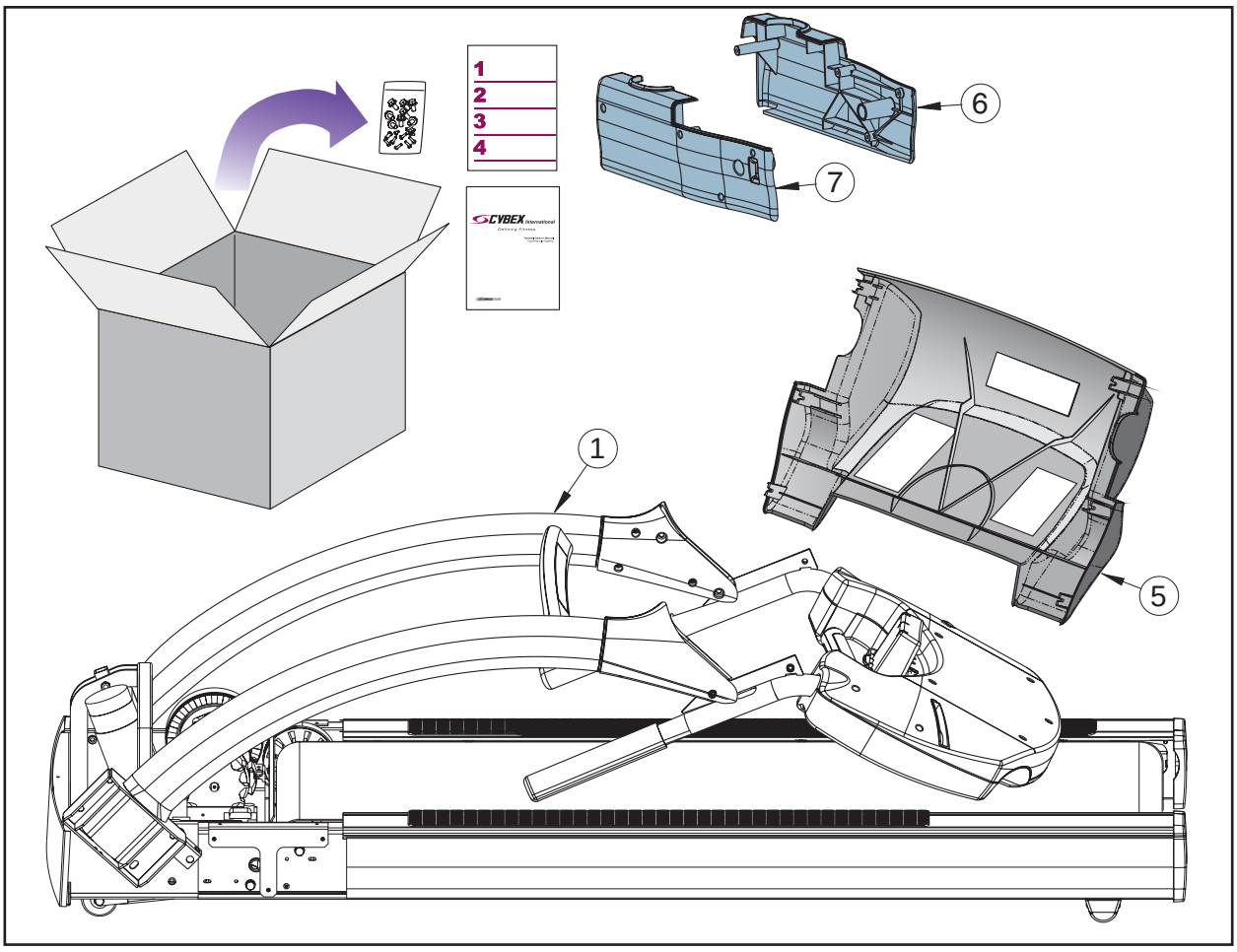


Figure 1

C. Check off (☑) each item in the hardware pack as you find it. See Figure 2.

	Item	Qty	Part Number	Description
☐	2	8	HS-16929	Screw, hex head whiz-lock 3-8-16 x 5-8
☐	3	2	HS-16950	Screw, button head 5-16-18 x 7-8
☐	4	8	HS-16939	Screw, Phillips head sems 10-32 x .75
☐	8	1	HX-00438	Allen wrench, 3/16"

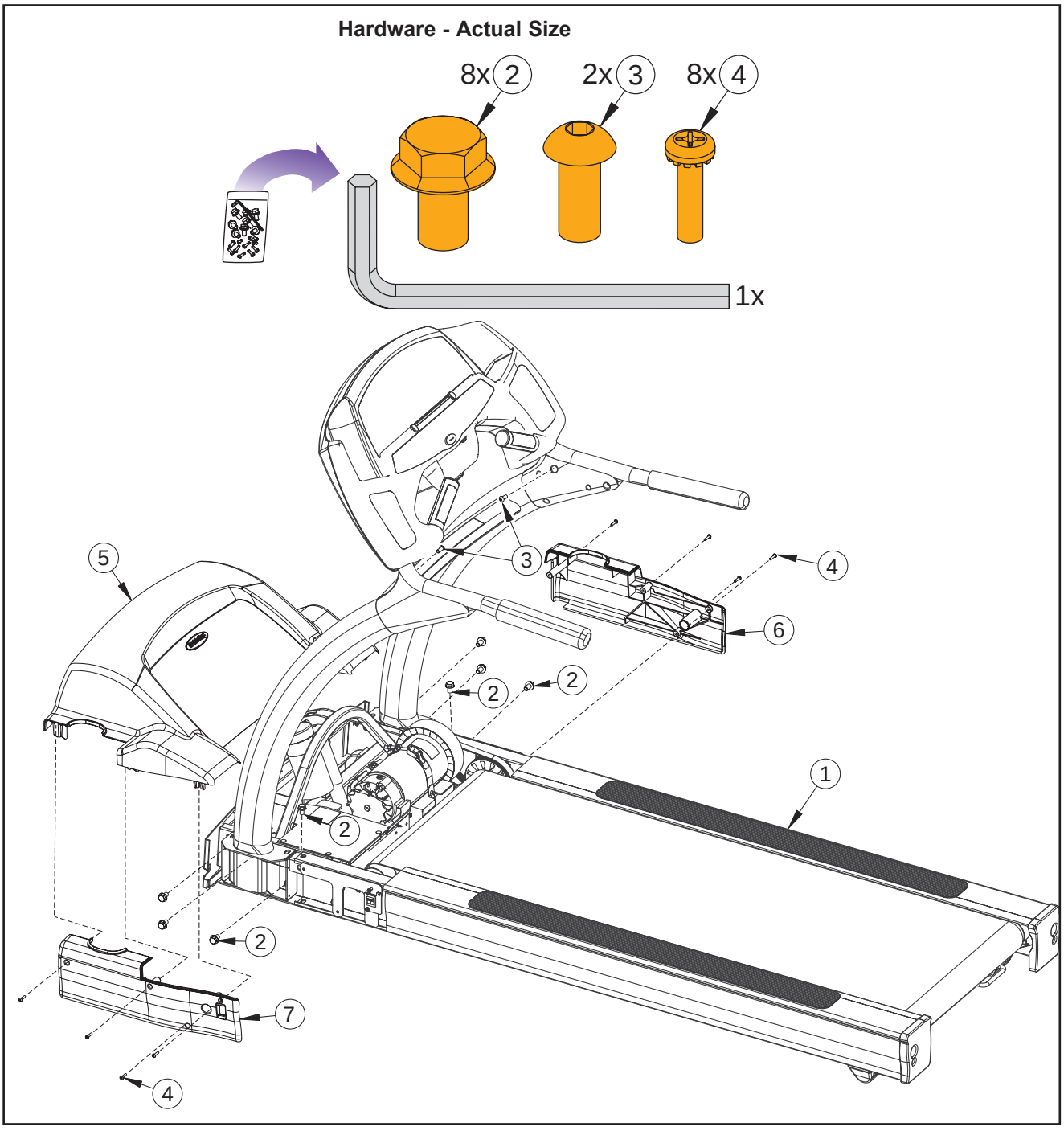


Figure 2

! CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

4. Lift and move the treadmill.

A. At least two people should lift and move the treadmill to a level location where you intend to leave it. Use proper lifting methods.

! CAUTION: Do not pinch your hands or other body parts while pivoting the treadmill. See Figure 3.

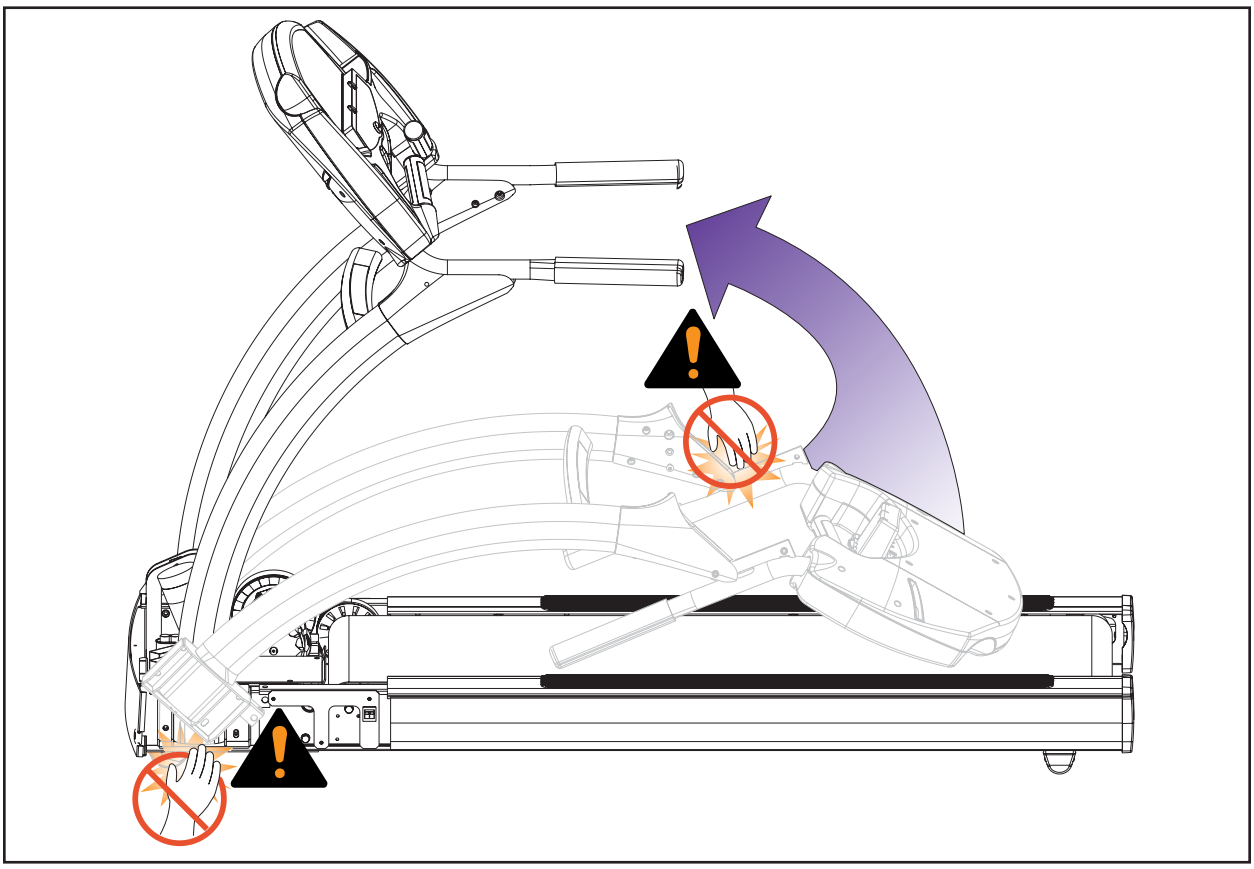


Figure 3

5. Pivot the console and uprights into position.

A. Remove all plastic wrapping except the white wrapping on the uprights.

B. Ensure that the display cable does not get pinched in step C.

C. Raise the console and uprights into position (they will pivot into place). ***NOTE:*** *Confirm that no cables are pinched while raising the unit.* See Figure 3.

D. Have a second person continue to hold the uprights in place until after step 7A so that they do not fall.

6. **Verify the model, voltage and color.**

   A. Verify that you have the correct model by looking at the console and reading the model name.

   B. Verify that you have the correct voltage by looking at the lower board and reading the voltage sticker.

7. **Secure the uprights.**

   A. Using a 9/16" socket wrench, loosely attach the uprights with two of the 3-8-16 x 5-8 hex head whiz-lock screws. ***NOTE:*** *Do not securely tighten the screws until step 7C.* See Figure 4.

   B. Using a 9/16" socket wrench with a 4" extension, attach the uprights with six of the 3-8-16 x 5-8 hex head whiz-lock screws. ***NOTE:*** *Do not securely tighten the screws until step 7C*. See Figure 5.

   C. Tighten all 9/16" screws used during steps 7A and 7B including the two pivot screws (one on each side). See Figure 6.

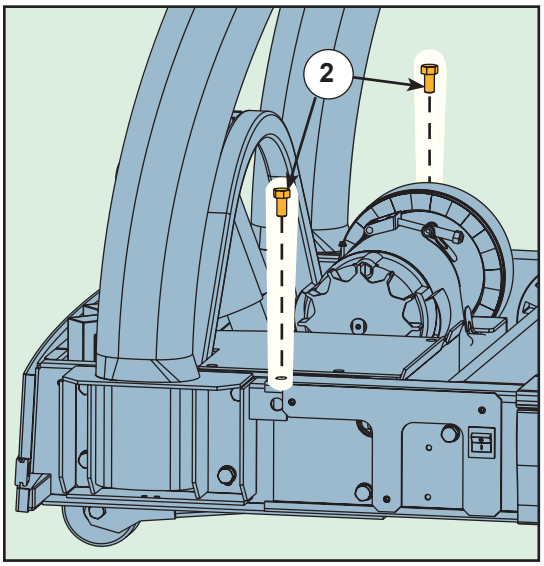


Figure 4

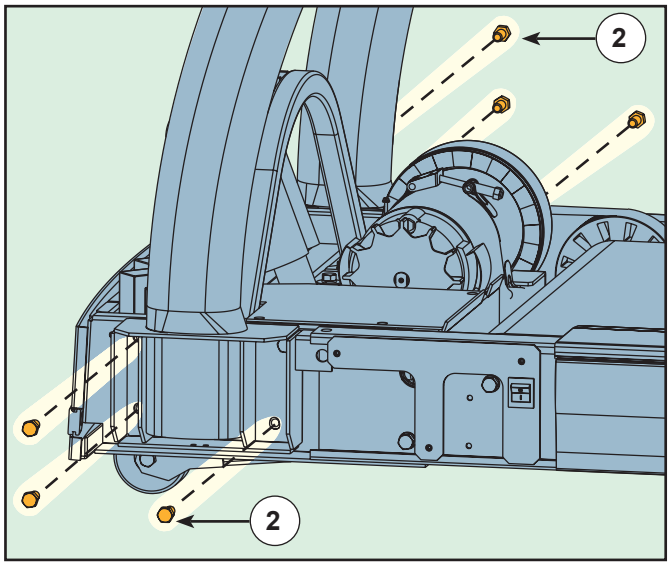


Figure 5

8. **Secure the handrail.**

   A. Using the Allen wrench provided, secure the handrail with two 5-16-18 x 7-8 screws. See Figure 7. ***NOTE:*** *You may need to lift the console slightly to line up the holes.*

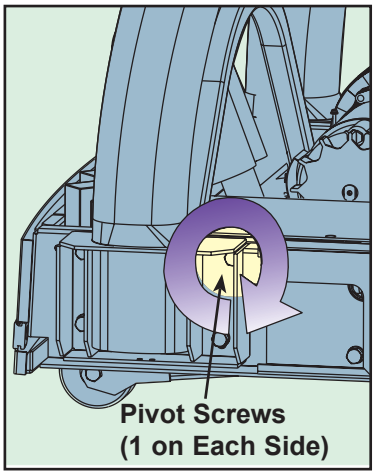


Figure 6

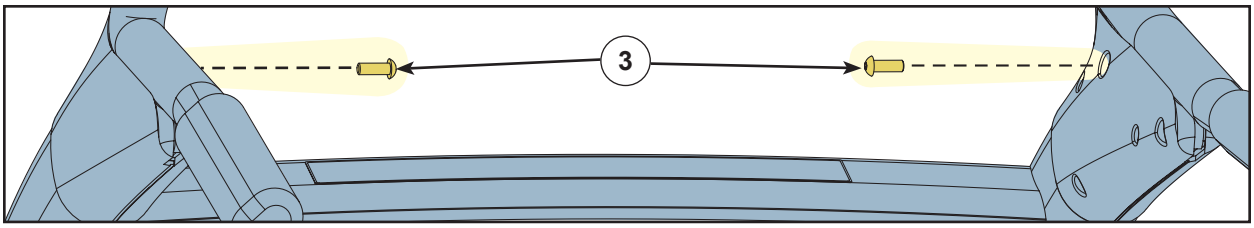


Figure 7

B. Using the Allen wrench provided, tighten the two pivot screws on the handrail. See Figure 8.

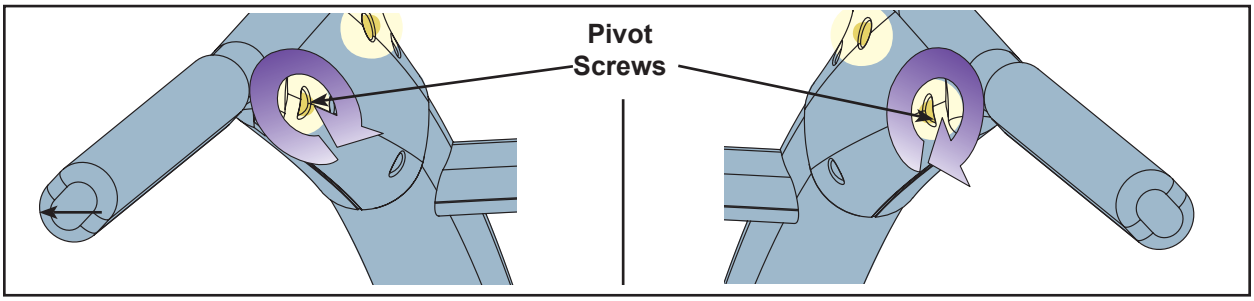


Figure 8

9. Remove the left side panel.

A. Pull the left side panel away from the base. See Figure 9.

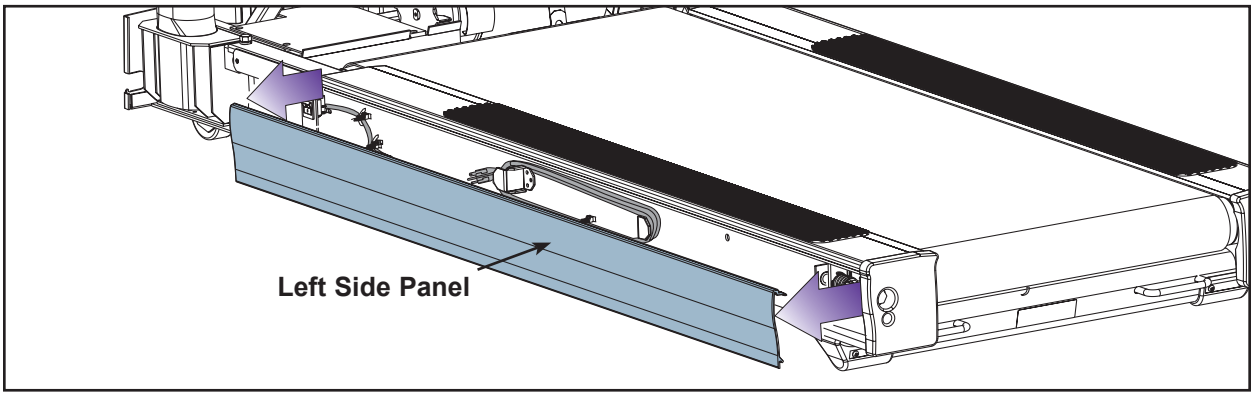


Figure 9

10. Arrange power cord.

A. Decide whether you will plug the power cord into an outlet near the front of the treadmill or the back of the treadmill. Follow the corresponding routing procedure below. ***NOTE:*** *Do not plug in the power cord at this time.*

Front routing:

- **a.** Unwind the power cord and route it under the upright.
- **b.** Slide the grommet into the front exit hole with the curved end first. See Figure 10.
- **c.** Wire tie the cord down. See Figure 10.

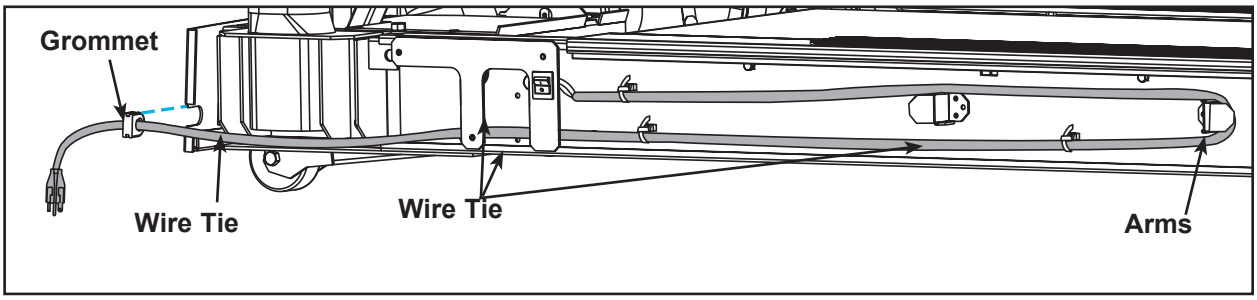


Figure 10

Back routing:

- **a.** Using a Phillips head screwdriver, remove the left end cap.
- **b.** Remove the grommet from the back exit hole and slide it into the front exit hole.
- **c.** Slide the grommet on the power cord into the back exit hole with the curved end first.
- **d.** Using a Phillips head screwdriver secure the left end cap. See Figure 11.

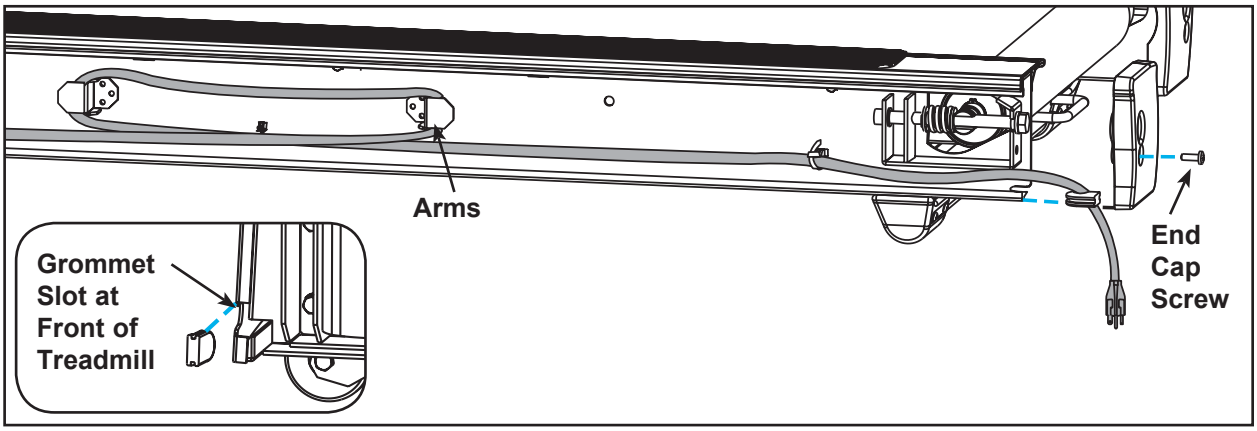


Figure 11

B. Wind the excess power cord onto the arms. See Figure 11.

C. Place the left side panel into position slightly under the end cap and use your hand to push all along the bottom edge of the side panel to snap it in place.

11. Attach the motor cover (three pieces).

A. Using a Phillips head screwdriver, partially tighten each motor cover side (left and right) with four 10-32 x .75 Phillips head screws. See Figure 12.

B. Place the motor cover center into position. See Figure 12.

C. Using a Phillips head screwdriver, finish tightening all eight screws. Be sure the screws are catching the motor cover's holes.

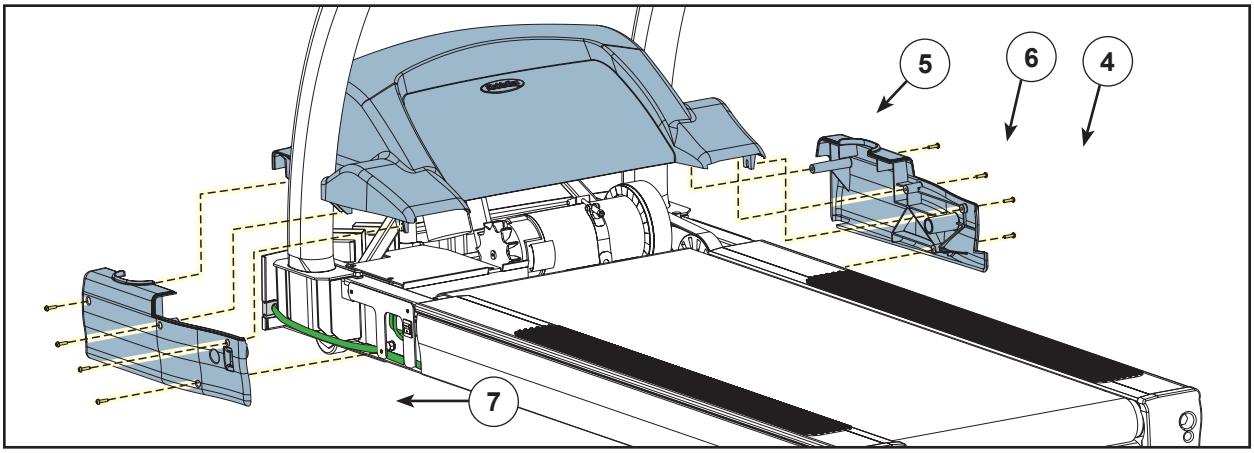


Figure 12

12. Level your treadmill.

A. Confirm that your treadmill is on a level surface.

13. Attach emergency stop key.

A. Confirm that the emergency stop key is in place over the e-stop button. See Figure 13.
NOTE: *The treadmill will not run without the key (or other metal) in place.*

14. Visually inspect the treadmill.

A. Carefully examine the treadmill to ensure that the assembly is correct and complete.

B. Test for proper operation as noted in the Testing The Treadmill Operation section of this manual.

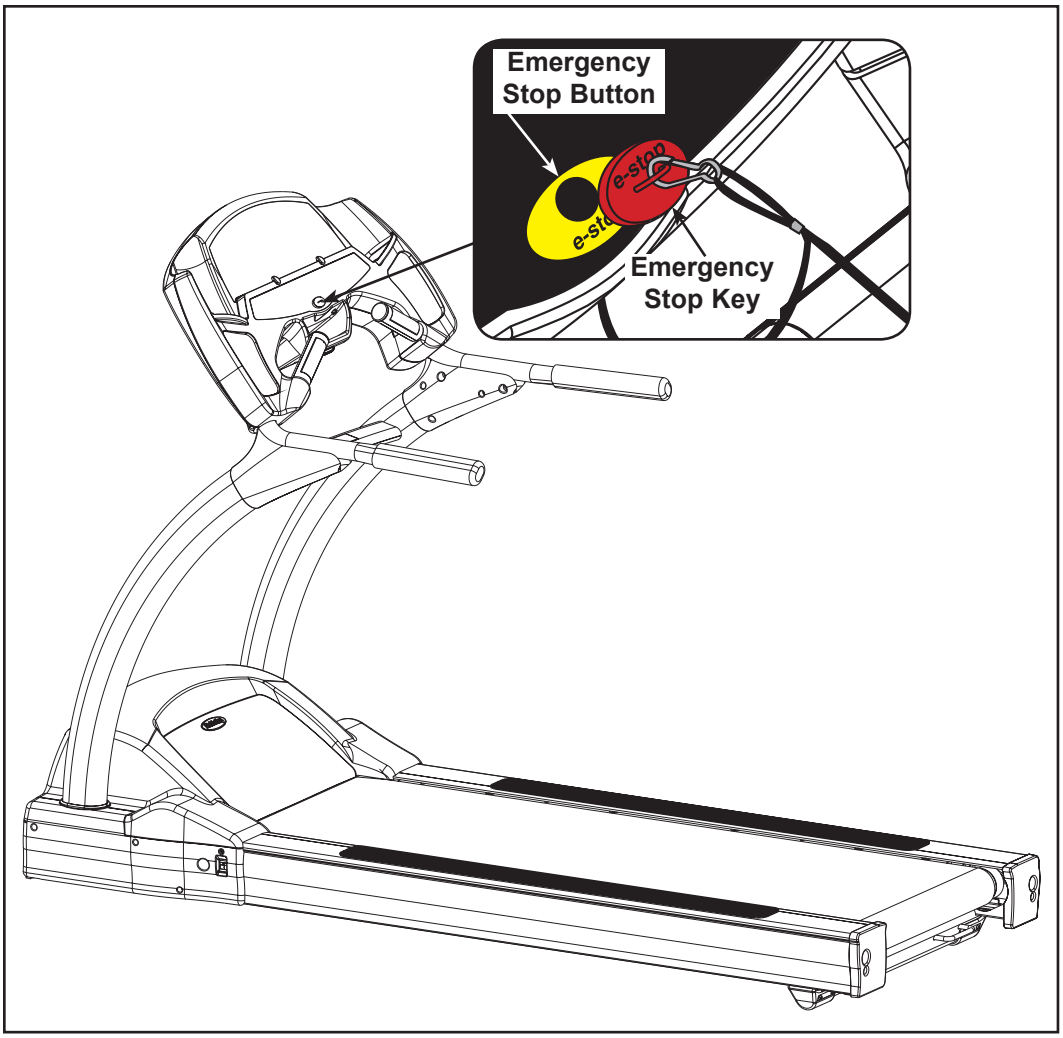


Figure 13

! WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Testing the Treadmill Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

! CAUTION: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described under *Electrical Requirements* in this chapter.
2. Locate the on/off (I/O) power switch on the left side of the treadmill. Toggle it to the on position (I).
3. The control panel will light up and be in the *Dormant Mode*.

   NOTE: *Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.*

4. Press the **Quick Start** key. The treadmill begins a countdown "3...2...1" and sounds a tone for each count. After it reaches one (1), the treadmill gives a longer tone and then begins accelerating the belt to reach 1 mph (1.0 kph).
5. The bottom left display will flash the time and the right display will show the actual speed.
6. Press and hold down the **Speed +** key until the treadmill reaches a speed of approximately 4 mph (6.4 kph), as indicated on the display.
7. Observe the belt to see that it is running properly; it should stay centered in the middle of the deck. If you have problems with the running belt operation, see *Running Belt Adjustments* in the *Preventive Maintenance* chapter.
8. Run the treadmill through its full speed range. First press the **Speed +** key until the treadmill reaches its highest speed, 12.4 mph (20 kph). Then press the **Speed -** key until the treadmill is back to 1.0 mph (1.0 kph).
9. As you press the **Incline Λ V** or **Speed + -** keys, the respective displays will show the actual incline or speed.
10. When the treadmill reaches the set incline and speed, the displays will stop flashing and remain steadily illuminated to indicate that the desired settings have been reached.

11. Run the treadmill through its full % grade range. Press the **Incline Λ** key until the treadmill reaches its highest grade (15%). Next press the **Incline V** key until the treadmill is down to -2% grade. Ensure the power cord is not being pinched under the front of the treadmill. Then press the **Incline Λ** key until the treadmill is back to 0% grade.

12. Press **Stop** twice to stop the running belt, end the workout review, and return the display to *Dormant Mode*.

Setting Operation Options

1. Enter *Test Mode* by holding down any key while turning on (I) power. The display will read "Pro".

NOTE: *After changing any value, you must press Enter to save that value. When you press enter the display will read "updt" (updated) to confirm your selection.*

2. Press the **Weight** key to set options, change values with **Λ** and **V** keys and press **Enter** to save your selection. Each time you press **Weight** the next set of data is displayed in the following order:

Unit – Choices are "Eng" or "Euro" measurements. English is the default.

Line: – This is the frequency of the power line that supplies power to your treadmill. The default setting is 50 Hz for metric consoles and 60 Hz for English consoles. ***NOTE:*** *If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.*

Scan – This turns on or off the data readout scan (unless a specific data key is pressed during a workout). Default is on.

Def – This is the default time for time based programs if a user doesn't re-set **Time**. For example, if you press **Time** you can decrease or increase the set workout time up to the amount that the **Max** time is set. Choices are between 20 minutes and 60 minutes. Default is 60.

Max: – This is the maximum amount of time the treadmill can run per use. You can limit the users time or choose "none" for unlimited time. Choices are between none and 120 minutes; default is 60. ***NOTE:*** *If the Max time is limited too much it may be difficult for the user to reach their goals. For example, a user may not be able to burn 300 calories if you limit their Max time to 20 minutes.*

Idle (or Workout Review/Pause Time): – This is how long the treadmill retains and displays your current workout data during a pause in the workout or after a workout. Choices include: 20 seconds; 30 seconds, 40 seconds; 1 minute and 5 minutes; default is 20 seconds.

SPD – This is the maximum speed the treadmill will run. Choices are between 1 and 12.4 MPH (1.0 to 20.0 kph).

Safety Sentry – This is how long the running belt will keep moving if the user steps off the treadmill. Choices are between 0 seconds (none) and 60 second. Default is 20 seconds. Choosing "none" will disable this feature. ***NOTE:*** *See Safety Sentry in Chapter 3 for further detail.*

Remember: *You must press* **Enter** *after changing a value for that value to be stored.*

3. To exit *Test Mode* press the **Stop** key twice.

Your treadmill is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.

6 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **888-462-9239**.

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183**.

Find information on the web at www.cybexinternational.com or by e-mail at techhelp@cybexintl.com.

Serial Number and Voltage

Your serial number and voltage can be found on the front of your treadmill. See Figure 1. For your convenience record your serial number and voltage below so that you will have it ready if you call Cybex Customer Service.

Serial Number_____ Voltage _____

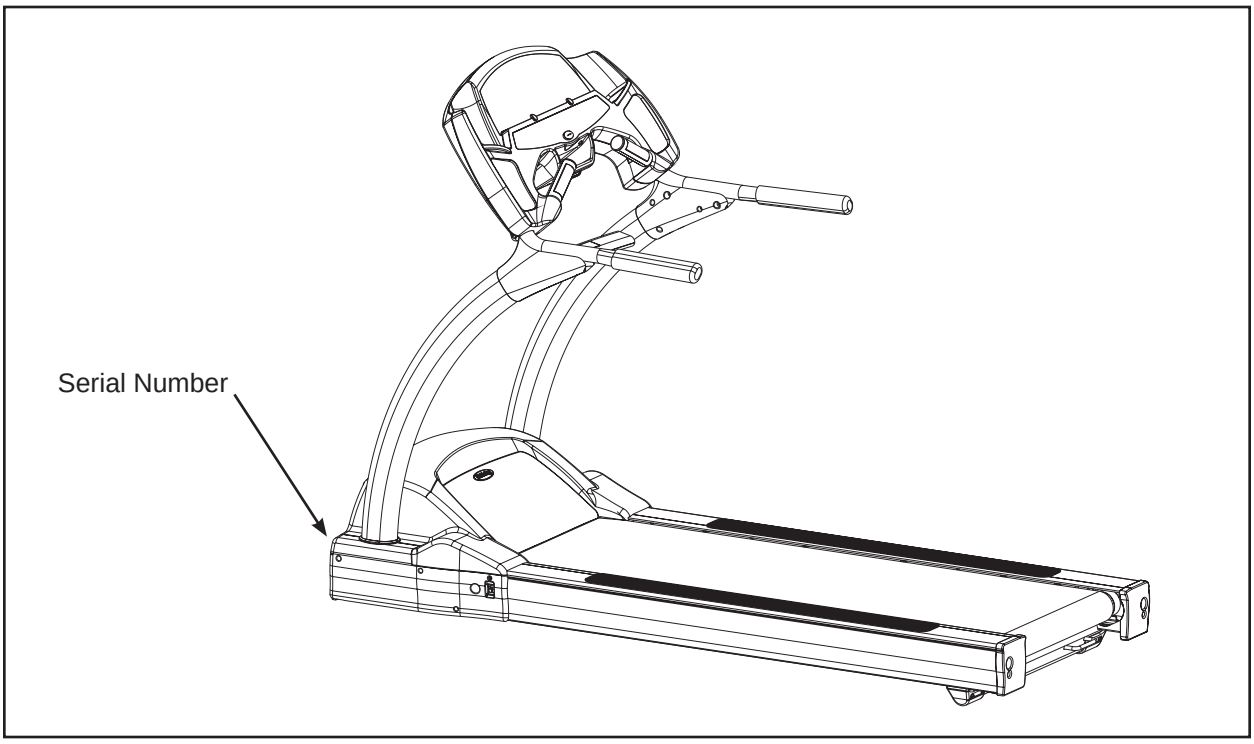


Figure 1

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for replacement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request an RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your treadmill. The serial number is located on the front panel of your treadmill. The serial number begins with a letter, for example: R09-101331100.
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and will send you an ARS label. The ARS label and RMA number must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include a description of the problem, the serial number of the treadmill and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
   Attn: Customer Service Department
   Cybex International, Inc.,
   10 Trotter Drive
   Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage – Upon receipt of your shipment, check all boxes carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carrier's refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage – Damage not seen with a visual check upon receipt of a shipment but noticed later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the date of delivery. Keep all shipping containers and packing materials: they will be needed as part of the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage is the carrier's responsibility.

Ordering Parts

Fax orders to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA).

⚠ CAUTION

Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

Cybex will void warranty if non-Cybex replacement parts are used.

Parts List

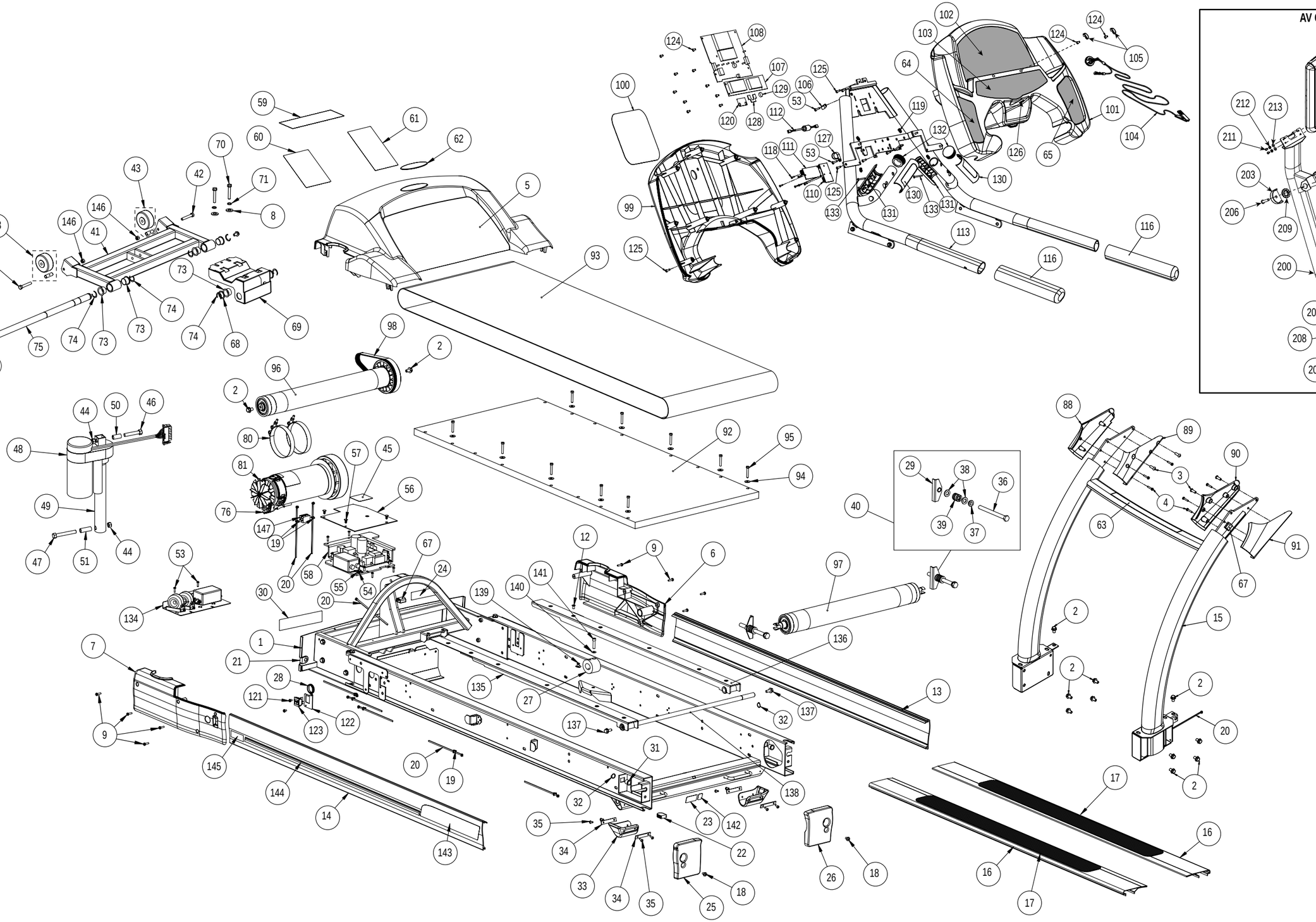
ITEM	QTY.	PART NO.	DESCRIPTION
1	1	AF-19445	Frame, Weldment
2	14	HS-16929	Screw, 3/8 - 16 x 5/8", Lg H x HD Whiz-lock, GR5
3	6	HS-16950	Screw, 5/16 - 18 x 7/8", Lg H x Soc BTNHD w/patch, B-Zn
4	6	HS-19454	Screw, SEMS, 10-32 X 1.0", PNHD, BLK ZN, EXT
5	1	AX-16724-X	Motor Cover assembly*
6	1	PL-16465	Cover, Upright Outer, Right
7	1	PL-16464	Cover, Upright Outer, Left
8	2	HW-19634	Washer, Flat, .344 ID X 1.0 OD X .125", Thick, Zinc
9	8	HS-16939	Screw, SEM 10-32 x .75", Pnhd Ext blk Zn
12	2	HS-21379	Screw, 1/4 - 20 X .50", FLHD PHIL, Undercut, ZN
13	1	AX-21309	Side Extrusion Assy, Cybex Pro3, Right
14	1	AX-21308	Side Extrusion Assy, Cybex Pro3, Left
15	1	AF-17677	Upright Weldment (Choose a Standard or Custom Color)
16	2	AX-17829	Top Platform Assy, (Choose a Standard or Custom Color)
17	2	DE-16705	Decal, Safety-walk
18	5	HS-16875	Screw, SEM ext 1/4 - 20 x 1/2", PNHD Phil
19	8	EH-10291	Anchor, Cable Tie
20	11	EH-00986	Cable Tie, (without anchor)
21	1	PL-16737	Grommet, Power Cord
22	1	PL-16738	Plug, Power Cord
23	1	DE-16992	Decal, ETL UL-1647 Only
24	1	DE-14486	Decal, Serial Number
25	1	SCK-16496	End Cap, Left, (Choose a Standard or Custom Color)
26	1	SCK-16497	End Cap, Right, (Choose a Standard or Custom Color)
27	2	HX-19991	Bumper, Deck, 2.10 X 2.34 X 1.55"
28	1	EH-16809	Grommet, 1.12 X .091 - .125", Nylon
29	2	AF-17591	Nut Holder Bracket
30	1	DE-20427	Label, Disconnect Power, Multi-languages
31	2	HW-00590	Bushing Nylon 1/2" Nf810-5-0
32	6	HX-13771	Ring, Retain 5/8" .579 Fr.Id
33	2	HX-16510	Foot, Rubber, Rear
34	4	FS-16511	Plate, Rear Rubber Foot Mount
35	8	HS-16509	Screw, #10 x .5LG, T-SPLT, PNHD, TYB-B
36	2	HS-15480	Bolt, Tap 1/2-13unc x 6 H x HD GR5
37	2	HB-16367	Bushing, .50ID x .62OD x .31LG, flanged
38	4	HW-10028	Washer, B 1-2 Narrow Zinc
39	2	HX-11049	Spring 1" O.D.360 Max Ld.
40	1	AX-16723	Rear Roller Hardware Assembly
41	1	AF-16382	Elevation, Weldment
42	2	HS-60022	Bolt, Hhcs 0.375 x 2.25 blk zn G5
43	2	CW-16712	Wheel, Rubber, 3" Dia
44	2	HN-17935	Nut, Lock, 3/8 - 24, GRD C, STL, ZN
45	1	DE-17144-X	Decal, International only*
46	1	HS-17936	Bolt, 3/8 - 24 X 2.0", HXHD CAP, G8, YEL ZN
47	1	HS-17937	Bolt, 3/8 - 24 X 2.75", HXHD CAP, G8, YEL ZN
48	1	MR-16412	Motor, Elevation, 115 VAC
48	1	MR-16541	Motor, Elevation, 230 VAC
49	1	SK-17079	Tube Nut, Motor, Elevation Kit
50	1	FT-16825	Sleeve, Elevation Mounting, Top
51	1	FT-16826	Sleeve, Elevation Mounting, Bottom
53	6	HS-15732	Screw, SEM 8-32 unc x .62", PNHD phil pl
54	1	HW-10856	Washer, (for ground)
55	1	HN-11925	Nut, Keps 10-32 Hex Stl Zinc
56	1	PL-17052-X	Cover, Lower Controller*
57	3	HX-16943	Clip, Christmas Tree, Single Head
58	1	AX-16835	Lower Controller Assembly, 115 VAC
58	1	AX-16836	Lower Controller Assembly, 220 VAC
59	1	DE-16608-X	Label, Brush Replacement Gauge*
60	1	DE-16610-X	Label, Error Codes*
61	1	DE-16609-X	Label, Service Schedule*
62	1	DE-19531	Decal, IS3
63	1	DE-17691-X	Label, User Precautions, 15 x 1.3"*
64	1	DE-17693-X	Label, Start Instructions, Profiles*
65	1	DE-18135-X	Label, HR Zone, Heart Icons*
65	1	SW-21287-4	Membrane, A/V, All languages
67	2	HX-14416	Clip, Cable Retainer
68	1	HW-40004	Washer, Wave
69	1	AX-18883	Motor Base Plate Assy
70	2	HS-16849	Screw, 5/16 - 18 x 2.0", LG HXHD, GR5, Tap
71	2	HW-00165	Washer, Lock Ex 5-16 Zinc
73	2	HB-16426	Bushing, Flanged,1.0ID x 1.12OD x .75LG
74	6	HX-16425	Ring, Retaining Ext Crescent
75	1	FT-16352	Shaft, Motor Mount
76	1	EC-19647	Speed Sensor
80	2	AF-19605	Clamp, Motor Drive (includes nut)
81	1	AX-19636	Drive Motor, 3.0HP, 110 VDC, McMillan
81	1	AX-19637	Drive Motor, 3.0HP, 220 VDC, McMillan
88	1	SCK-16379	Cover, Junction Outer, Right, (Choose a Standard or Custom
89	1	SCK-16380	Cover, Junction Inner, Right, (Choose a Standard or Custom Color)
90	1	SCK-16328	Cover, Junction Inner, Left, (Choose a Standard or Custom Color)
91	1	SCK-16327	Cover, Junction Outer, Left, (Choose a Standard or Custom Color)
92	1	DK-16932	Deck, Plywood 23.3 x 51.5 x 1.0", (Double Sided)
93	1	BD-17026	Belt, Running, 20.63 x 60", Commercial
94	10	HW-00431	Washer, 1/4 x .75 x .062", Zinc
95	10	HS-16628	Screw, .25-20 x 1.5", Hxhd Grade 8
96	1	AL-19035	Roller, Front Assy
97	1	AL-19036	Roller, Rear Assy
98	1	BD-16829	Drive, Belt, 8 Rib
99	1	PL-17659	Console, Back, Plastic
100	1	DE-17712	Decal, Logo, Cybex Intl, 9 x 7"
101	1	PL-17658	Front Console, Plastic
102	1	SW-21227-X	Membrane, 550T, Top*
103	1	SW-21228-X	Membrane, 550T, Bottom*
104	1	AX-20943	Lanyard, E-stop Assembly

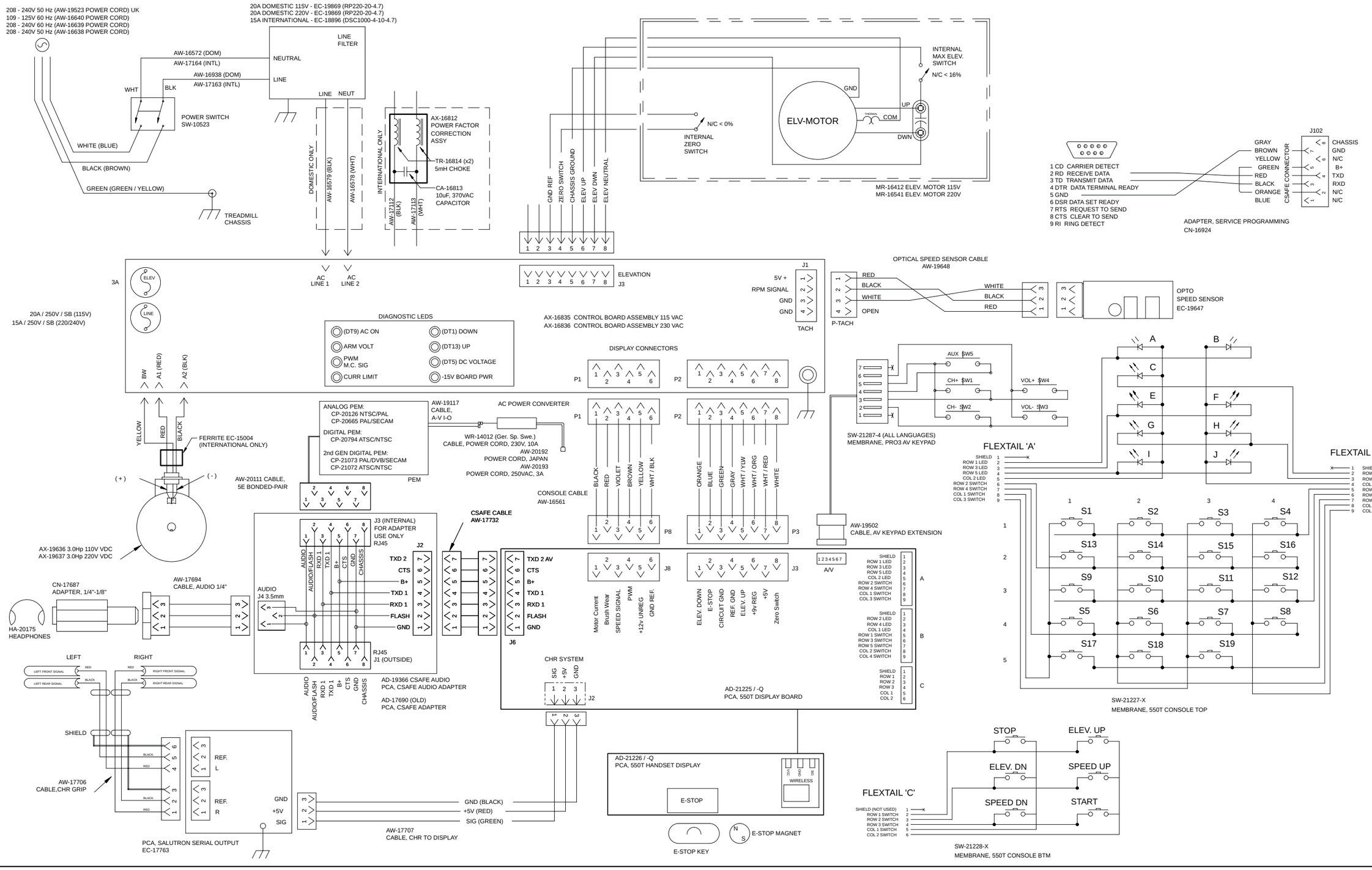
ITEM	QTY.	PART NO.	DESCRIPTION
105	2	PL-17686	Tab, Bookholder
106	1	HX-16931	Clamp, Cable, 5-16 dia Standard
107	1	AD-21226	PCA, 550T, Lower Display
108	1	AD-21225	PCA, 550T, Upper Display
110	1	AD-19366	PCA, CSAFE Port Board, W-TVS
111	1	EC-17763	PCA Salutron Serial Output
112	1	AW-17707	Cable, CHR to display with ferrite
113	1	AF-17684	Handrail, Weldment
116	2	HX-15499	Grip Handlebar
118	6	HS-10716	Screw 4-40 x 0.38 PNHD Phil
119	4	EH-00472	Wire Tie Ty-23M
120	1	FS-16841	Mount, E-stop Magnet
121	2	HS-16940	Screw, Sems 10-32 x 3/8", PNHD ext, BL ZN
122	1	FS-16990	Plate, Switch, Power On-Off
123	1	SW-10523	Switch, On-Off
124	12	HS-41187	Screw, 8/16 x 5/16", Plastite
125	17	HS-15706	Screw, 8/16 x .50", PNHD STL BLK Phil
126	1	HX-17711	Plug, Hole Plastic 7-16 Black
127	1	HX-19040	Clamp, Cable, 3/4" Diameter
128	1	HX-17697	Tape, Double Sided, Die Cut, .062", Thick
129	1	HX-16842	Magnet, E-stop
130	2	AX-19669	Grip, Heartrate Grip, Top
131	2	AX-19670	Grip, Heartrate Grip, Bottom
132	2	PL-20360	Endcap, Heartrate Grip
133	4	HS-20306	Screw, 6 - 20 X 1.12", PNHD PHIL
134	1	AX-16812	Power Factor Correction Assembly
135	1	AX-19437	Assembly, Deck Stiffener, Pivot, Left
136	1	AX-19734	Assembly, Deck Stiffener, Pivot, Right
137	2	HS-19108	Screw, 5/16 - 18 X 34", LG, HXHD, Whiz-lock, GR5
138	1	FM-19439	Shaft, Deck Pivot
139	2	HN-20041	Nut, 1/4 - 20, Propeller, .305" OD
140	2	HW-20044	Washer, Belleville, 15 X 8.2 X 1.0 MM, .5MM Thick
141	2	HS-18358	Bolt, 5/16 - 18 X .1.25", SCHD CAP, BLK ZN
142	1	DE-19451	Decal, WEEE Symbol
143	2	DE-17714	Decal, Cybex, 13.8 X 2.2"
144	1	DE-16784	Decal, Side Stripe
145	2	DE-21275	Cybex Pro3 Decal for Side Extrusions
146	2	HN-60064	Nut, Jam 3-8"-16 blk zn
147	1	EC-15004	Ferrite, Clamp-on, .40" ID
200	1	AF-20678	Bracket, SLANT Mount,TV Arm
201	1	CP-20665	Monitor, CYBEX, 15" SECAM/PAL
201	1	CP-20794	Monitor, CYBEX, 15" ASTC
202	1	HX-20032	Cap, Domed, Plastic
203	2	PL-20015	Cap, Black
204	3	FT-19980	Tube, Spacer, .375 Dia , .28" Wall
205	1	HS-20036	Screw, 5/16-18 x 1.50", ScHd, Stl, Zn
206	2	HS-41107	Bolt, 5/16-18 x 1.50", Bh, SS, Bl
207	2	HX-20782	Bushing, T- Type,Rubber, Ring Mount, Vibration Isolator
208	8	HW-20779	Washer, Flat, 1.44 x .325", SS
209	6	HX-20778	Bushing,Rubber, Ring Mount, Vibration Isolator
210	1	HW-53018	Washer, 5/16", Split
211	4	HS-20731	Screw, M4x10 ScHd Stl, Blk
212	4	HW-21285	Washer, Lock, M4 Zn
213	4	HW-20214	Washer, Flat, M4
NS	1	AW-16561	Cable, Univ. Tread Display

ITEM	QTY.	PART NO.	DESCRIPTION
NS	1	AW-16572	Jumper, Switch-Filter, White, US
NS	1	AW-16578	Jumper, Filter-cntl, White
NS	1	AW-16579	Jumper, Filter-cntl, Black
NS	1	AW-16638	Power Cord, 230 VAC, 50Hz
NS	1	AW-16639	Power Cord, 220 VAC, 60Hz
NS	1	AW-16640	Power Cord, 115 VAC, 60HZ
NS	1	AW-16938	Jumper, Switch-Filter, Black, US
NS	1	AW-17163	Jumper, Switch-Filter, Black, Intl.
NS	1	AW-17164	Jumper, Switch-Filter, White. Intl.
NS	1	AW-17694	Cable, Audio, 1/4" to 3.5mm, 18"
NS	1	AW-17694	Cable & Audio Jack 1/4 in to 3.5 mm
NS	1	AW-17706	Cable, Contact HR Grip
NS	1	AW-17732	Cable, 4" Ribbon C-SAFE
NS	1	AW-19117	Cable, 515T / 530T, A/V, I/O
NS	1	AW-19502	Cable, AV Keypad Extension
NS	1	AW-19502	Cable, Ribbon, AV Keypad Extension
NS	1	AW-19523	Power Cord, 230 VAC, 50Hz, 13A, UK
NS	1	AW-19648	Cable, Speed Sensor
NS	1	AW-20111	Cable E5, RJ45
NS	1	AX-16273	Clamp Assy, Handrail Ext.
NS	1	AX-16956	Kit, Install Hardware
NS	0	AX-17174	Handrail Extension Kit, Left Only - Complete kit with instructions
NS	0	AX-17175	Handrail Extension Kit, Right Only Complete kit with instructions
NS	0	AX-17217	Handrail Extension Kit, Left and Right - Complete kit with instructions
NS	1	CN-17687	Adapter, 1/4" Plug to 1/8" Jack
NS	1	FT-16278	Handrail Extension, Spacer, Bottom hardware
NS	1	HS-16921	Handrail Extension, Bolt, 5/8-11 x 4.75, Bottom hardware
NS	2	HS-16935	Handrail Extension, Screw, Set 1/2 13 x 1/2", Top Hardware
NS	1	HX-00438	Allen Wrench, 3/16"
NS	2	HX-16852	Handrail Extension, Grip
NS	1	LT-03051	Sign, Facility Safety
NS	1	LT-17718	Poster, Assembly
NS	1	LT-21250	Product Registration Sheet
NS	1	LT-21311-X	Owner's and Service, Manual Cybex Pro3*
NS	1	LT-21312	Warranty Sheet, Cybex Pro3, Pink
NS	1	SK-17827	Kit, Assembly, Contact Heart Rate Grip, Pair
NS	1	SK-18554	Brush Kit, Pair, 110 or 220 VDC, w/ spring clips

NOTE: *NS = Not Shown*

*Language Key
1-German
2-French
3-Spanish
4-English
6-Japanese
7-Swedish
8-Russian


AV Option


208 - 240V 50 Hz (AW-19523 POWER CORD) UK
109 - 125V 60 Hz (AW-16640 POWER CORD)
208 - 240V 60 Hz (AW-16639 POWER CORD)
208 - 240V 50 Hz (AW-16638 POWER CORD)
20A DOMESTIC 115V - EC-19869 (RP220-20-4.7)
20A DOMESTIC 220V - EC-19869 (RP220-20-4.7)
15A INTERNATIONAL - EC-18896 (DSC1000-4-10-4.7)
LINE FILTER
NEUTRAL
LINE
LINE NEUT
AW-16572 (DOM)
AW-17164 (INTL)
AW-16938 (DOM)
AW-17163 (INTL)
WHT
BLK
POWER SWITCH
SW-10523
WHITE (BLUE)
BLACK (BROWN)
GREEN (GREEN / YELLOW)
TREADMILL CHASSIS
DOMESTIC ONLY
AW-16579 (BLK)
AW-16578 (WHT)
INTERNATIONAL ONLY
AX-16812
POWER FACTOR CORRECTION ASSY
TR-16814 (x2)
5mH CHOKE
CA-16813
10uF, 370VAC CAPACITOR
AW-17112 (BLK)
AW-17113 (WHT)
GND REF
ZERO SWITCH
CHASSIS GROUND
ELEV UP
ELEV DWN
ELEV NEUTRAL
INTERNAL MAX ELEV. SWITCH
N/C < 16%
GND
ELV-MOTOR
THERMAL
COM
UP
DWN
N/C < 0%
INTERNAL ZERO SWITCH
MR-16412 ELEV. MOTOR 115V
MR-16541 ELEV. MOTOR 220V
1 CD CARRIER DETECT
2 RD RECEIVE DATA
3 TD TRANSMIT DATA
4 DTR DATA TERMINAL READY
5 GND
6 DSR DATA SET READY
7 RTS REQUEST TO SEND
8 CTS CLEAR TO SEND
9 RI RING DETECT
J102
GRAY
BROWN
YELLOW
GREEN
RED
BLACK
ORANGE
BLUE
CSAFE CONNECTOR
CHASSIS
GND
N/C
B+
TXD
RXD
N/C
N/C
ADAPTER, SERVICE PROGRAMMING
CN-16924
3A
ELEV
LINE
20A / 250V / SB (115V)
15A / 250V / SB (220/240V)
BW
A1 (RED)
A2 (BLK)
AC LINE 1
AC LINE 2
ELEVATION
J3
J1
5V +
RPM SIGNAL
GND
GND
TACH
DIAGNOSTIC LEDS
(DT9) AC ON
ARM VOLT
PWM M.C. SIG
CURR LIMIT
(DT1) DOWN
(DT13) UP
(DT5) DC VOLTAGE
-15V BOARD PWR
AX-16835 CONTROL BOARD ASSEMBLY 115 VAC
AX-16836 CONTROL BOARD ASSEMBLY 230 VAC
DISPLAY CONNECTORS
P1
P2
OPTICAL SPEED SENSOR CABLE
AW-19648
RED
BLACK
WHITE
OPEN
P-TACH
WHITE
BLACK
RED
OPTO
SPEED SENSOR
EC-19647
AUX SW5
CH+ SW1
CH- SW2
VOL+ SW4
VOL- SW3
SW-21287-4 (ALL LANGUAGES)
MEMBRANE, PRO3 AV KEYPAD
A
B
C
D
E
F
G
H
I
FLEXTAIL 'A'
FLEXTAIL 'B'
SHIELD
ROW 1 LED
ROW 2 LED
ROW 3 LED
ROW 4 LED
ROW 5 LED
COL 1 LED
COL 2 LED
COL 3 LED
COL 4 LED
ROW 1 SWITCH
ROW 2 SWITCH
ROW 3 SWITCH
ROW 4 SWITCH
ROW 5 SWITCH
COL 1 SWITCH
COL 2 SWITCH
COL 3 SWITCH
COL 4 SWITCH
S1 S2 S3 S4
S13 S14 S15 S16
S9 S10 S11 S12
S5 S6 S7 S8
S17 S18 S19
SW-21227-X
MEMBRANE, 550T CONSOLE TOP
YELLOW
RED
BLACK
FERRITE EC-15004 (INTERNATIONAL ONLY)
(+)
(-)
AX-19636 3.0Hp 110V VDC
AX-19637 3.0Hp 220V VDC
AW-20111 CABLE, 5E BONDED-PAIR
ANALOG PEM:
CP-20126 NTSC/PAL
CP-20665 PAL/SECAM
DIGITAL PEM:
CP-20794 ATSC/NTSC
2nd GEN DIGITAL PEM:
CP-21073 PAL/DVB/SECAM
CP-21072 ATSC/NTSC
PEM
AW-19117 CABLE, A-V I-O
AC POWER CONVERTER
WR-14012 (Ger. Sp. Swe.)
CABLE, POWER CORD, 230V, 10A
AW-20192
POWER CORD, JAPAN
AW-20193
POWER CORD, 250VAC, 3A
CONSOLE CABLE
AW-16561
BLACK
RED
VIOLET
BROWN
YELLOW
WHT / BLK
ORANGE
BLUE
GREEN
GRAY
WHT / YLW
WHT / ORG
WHT / RED
WHITE
AW-19502
CABLE, AV KEYPAD EXTENSION
A/V
CSAFE CABLE
AW-17732
J3 (INTERNAL) FOR ADAPTER USE ONLY
RJ45
J2
TXD 2
CTS
B+
TXD 1
RXD 1
FLASH
GND
AUDIO
AUDIO/FLASH
RXD 1
TXD 1
B+
CTS
GND
CHASSIS
RJ45
J1 (OUTSIDE)
TXD 2 AV
CTS
B+
TXD 1
RXD 1
FLASH
GND
J6
J8
J3
Motor Current
Brush Wear
SPEED SIGNAL
PWM
+12v UNREG
GND REF.
ELEV. DOWN
E-STOP
CIRCUIT GND
REF. GND
ELEV. UP
+9v REG
+5V
Zero Switch
CN-17687
ADAPTER, 1/4"-1/8"
AW-17694
CABLE, AUDIO 1/4"
HA-20175
HEADPHONES
AUDIO
J4 3.5mm
AD-19366 CSAFE AUDIO
PCA, CSAFE AUDIO ADAPTER
AD-17690 (OLD)
PCA, CSAFE ADAPTER
CHR SYSTEM
SIG
+5V
GND
J2
AD-21225 / -Q
PCA, 550T DISPLAY BOARD
LEFT
RIGHT
LEFT FRONT SIGNAL
LEFT REAR SIGNAL
RIGHT FRONT SIGNAL
RIGHT REAR SIGNAL
SHIELD
AW-17706
CABLE,CHR GRIP
REF. L
REF. R
GND
+5V
SIG
PCA, SALUTRON SERIAL OUTPUT
EC-17763
AW-17707
CABLE, CHR TO DISPLAY
GND (BLACK)
+5V (RED)
SIG (GREEN)
AD-21226 / -Q
PCA, 550T HANDSET DISPLAY
E-STOP
WIRELESS
E-STOP KEY
E-STOP MAGNET
STOP
ELEV. UP
ELEV. DN
SPEED UP
SPEED DN
START
FLEXTAIL 'C'
SHIELD (NOT USED)
ROW 1 SWITCH
ROW 2 SWITCH
ROW 3 SWITCH
COL 1 SWITCH
COL 2 SWITCH
SW-21228-X
MEMBRANE, 550T CONSOLE BTM